CIVILIZED MAN
CANNOT LIVE
WITHOUT COOK
EVERY
COOK BOOK

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CIVILIZED MAN CANNOT LIVE WITHOUT COOKS

EVERY WOMAN'S COOK BOOK

By

MRS. CHAS. F. MORITZ

MONTGOMERY, ALA.

Co-Author of

"The Twentieth Century Cook Book"

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FOREWORD

In these days of hustling, bustling activity, it is of utmost importance that we attain a maximum of physical as well as mental efficiency if we would keep up with the race.

In order to live we must have fresh air and water, but if we would keep eminently *fit,* we require besides these two necessities a well-balanced, varied and appetizing diet, so prepared that the food may be converted and utilized with only a normal expenditure of digestive energy.

An old saying goes: "As a man *eats,* so he is"; so we find that the importance of properly feeding this human machine of ours cannot be overestimated.

Conscientious preparation of good food is a moral agent, in so far that it induces good digestion, and thus promotes the serenity of mind which is a necessary factor for a cheerful disposition and an optimistic view of life.

Realizing that some dietetic laws and a knowledge of food values are important in the preparation of food for the family, the author has used her own knowledge and experience in preparing this cook book in a way that will make the part of the housewife a real pleasure instead of a task.

The high cost of living has been taken into consideration as far as was consistent with making the dishes both nutritious and appetizing.

Special attention has been given to the preparation of vegetables so as to retain the mineral salts and vitamines and not waste them down the drain pipe.

Besides the usual chapters found in other cook books, many new features are incorporated in this one.

One of the new departures is two complete chapters with recipes on "Cold Platter Service" and on "Hot Platter Service," thus serving the meal attractively on a single large platter or tray, which will be welcomed by housewives for self-service, especially where there is no maid, or for Sunday evening suppers, when the maid is off duty, as it will eliminate many small dishes and much service.

Neither the extravagant wastefulness of the old time cookery nor the newer method of excessive use of baking powder has been followed, but a safe and sane middle course has been the watchword of this book, and conscientiousness and simplicity its keynote.

Every recipe is guaranteed to be correct, having first been tested in her own kitchen by the author, then tested again for correctness by various cooks or experienced housewives.

Almost every chapter has a preface or foreword explaining the why and wherefore of the method of preparation of the food in those chapters.

Every chapter is complete in itself, but combined as a whole make a worthwhile modern Cook Book, which I feel sure will prove of inestimable value and pleasure to the inexperienced as well as to the capable housewife.

THE AUTHOR.

Custard for filling

2 cups milk heated in double boiler
2 heaping tbsp Corn starch, 3/4 cup sugar
yolks of 2 eggs beaten, 1 tsp vanilla

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CHAPTER I

FOOD CLASSIFICATION

SOME FOODS RICH IN FATS

Butter
Salt pork
Peanut butter
Heavy cream
Ice cream
Bacon
All oils or mayonnaise
Fat part of meat
Chocolate
Nuts
Fried foods

SOME FOODS RICH IN STARCH

Flour
Cereals (especially cooked)
Bread
Cornmeal
Cornstarch
Potatoes
Corn
Macaroni
Spaghetti
Starchy vegetables

SOME FOODS RICH IN PROTEIN

Lean meat
Fish
Eggs
Fowls
Dried beans
Dried peas
Ham
Cheese
Milk

SOME FOODS RICH IN SUGAR

Sugars
Syrups
Jams
Cake
Raisins
Candy
Sweet chocolate
Jellies
Preserves
Dates

SOME FOODS RICH IN ORGANIC ACIDS AND MINERAL SUBSTANCES

Oranges
Apples
Bananas
Lettuce
Cabbage
String beans
Tomatoes
Grapefruit
Grapes
Onions
Spinach
Carrots
Collard and turnip greens
Celery
Green vegetables

SOME HIGH VITALITY FOODS

Grapefruit
Orange juice
Cream of Tomato soup
Milk
Bran
Bran muffins
Fruit gelatines
Cream soups
Lettuce and tomatoes
Egg corn bread
Eggs
Spinach with eggs
Buttermilk
Cabbage slaw
Malted milk
Cocoa with milk
Whole wheat bread with butter

CHAPTER II

TABLE OF WEIGHTS AND MEASURES

1	cup liquid	equals	½ pint
2	cups	equals	1 pint
2	pints (4 cups)	equals	1 quart
4	gills	equals	1 pint
4	quarts	equals	1 gallon
16	ounces	equals	1 pound
1	pint liquid	equals	1 pound
2	cups granulated sugar	equals	1 pound
4	cups pastry flour	equals	1 pound
3	cups corn meal	equals	1 pound
3½	cups confectioner's sugar	equals	1 pound
2⅔	cups brown sugar	equals	1 pound
2	cups butter (packed)	equals	1 pound
10	large eggs or 12 small ones (without shell)	equals	1 pound
1	cup butter (packed)	equals	½ pound
½	cup butter (packed)	equals	¼ pound
1	pint chopped meat	equals	1 pound
12	tablespoons dry material	equals	1 cup
4	tablespoons powdered coffee	equals	¼ cup
2	tablespoons butter	equals	1 ounce
2	tablespoons powdered coffee	equals	1 ounce
4	tablespoons flour	equals	1 ounce
2	tablespoons sugar	equals	1 ounce
2	tablespoons liquid	equals	1 ounce
1	tablespoon salt	equals	1 ounce
60	drops liquid	equals	1 teaspoon
30	drops liquid	equals	½ teaspoon

HOW TO MEASURE

Correct measurements are absolutely necessary to insure best results.

A one-half pint measuring cup or glass of aluminum or tin, with marks of division in quarters, thirds and half, is the standard measuring cup, and may be purchased at any store where kitchen utensils are sold.

Flour, confectioner's and brown sugar, in fact, any dry material that tends to become lumpy, should be sifted before being measured.

All measures should be *level* unless otherwise stated in the recipe.

To measure a cupful of flour or other dry material, fill the cup to the top with a spoon, then level it off with the dull side of a knife blade.

When measuring butter, especially in cold weather, it should be pressed solidly into the cup or spoon, then leveled off with the knife blade.

TABLE OF WEIGHTS AND MEASURES

Standard size tablespoons and teaspoons for measuring may also be purchased, and should always be used to insure exact measurement. The spoon should be filled to the top just the same as the cup, then leveled off.

It is always best when measuring flour or sugar with a spoon to dip the spoon into a bowl containing the ingredient, take it up heaping, then level it off with a knife blade.

To measure *half a spoonful,* divide ingredient through the center lengthwise.

For *quarter spoonful,* divide the half spoonful crosswise.

TIME TABLE FOR COOKING

Boiling

White potatoes, 20 to 35 min.
Sweet potatoes, 35 to 45 min.
Fresh green peas, 45 to 60 min.
Fresh lima beans, 1¼ to 1½ hrs.
Fresh string beans, 1¼ to 1½ hrs.
Beets, 2 to 3 hrs.
Fresh asparagus, 20 to 45 min.
Spinach, 20 to 25 min.
Cabbage, 25 to 35 min.
Onions, 45 to 60 min.
Parsnips, 40 to 60 min.
Green corn, 15 to 20 min.
Squash, 30 to 45 min.
Boiled rice, 25 min.
Steamed rice, 45 to 60 min.
Macaroni, 20 min.
Spaghetti, 20 min.
Cauliflower, 25 to 30 min.
Cucumbers, 20 to 30 min.
Fowl (slowly), 40 min. to lb.
Ham, 20 min. to lb.
Beef, 40 min. to lb.

Baking

White potatoes, 35 to 50 min.
Sweet potatoes, 45 to 55 min.
Boston Baked Beans, 3 to 6 hrs.
Biscuits, 18 to 20 min.
Bread, 45 to 60 min.
Cake, 20 min. to —
Roast (rare), 12 to 15 min. per lb.
Roast (medium), 15 to 18 min. per lb.
Roast (well done), 20 min. per lb.
Lamb, 20 min. per lb.
Veal, 30 min. per lb.
Mutton, 30 min. per lb.
Pork, 30 min. per lb.
Hens (about), 30 min. per lb.
Turkey (about), 25 min. per lb.
Goose (about), 30 min. per lb.
Duck (about), 40 min. per lb.

In giving a time table for cooking vegetables or meats, one must, of course, take into consideration the freshness, also tenderness, of the food to be cooked.

Naturally young fowl, meat or vegetables will require less time to cook than older material. It is therefore very difficult to give exact figures for cooking time. A little experience will be the best teacher, the above table is only a guide.

CHAPTER III

TIMELY COOKING HINTS

To Cream Butter in cold weather, let hot water stand for a few minutes in the mixing bowl in which butter is to be creamed, then drain and put in the butter cut in small pieces, and cream as usual. All water or milk should be drained from the butter while creaming it.

To Peel Ripe Tomatoes Quickly.—Place tomatoes in a cheesecloth sack, or an old flour sack; dip up and down just a moment in boiling water, then in cold water; or let the cold water from the faucet run over the sack. Be sure not to leave tomatoes too long in hot water as it would soften them. The skins may then easily be rubbed from the tomatoes. Place on ice when peeled to chill and become firm. Tomatoes may also be held to the fire on the prong of a fork until the skin cracks, then it may be easily removed.

To Cook Cauliflower Without Odor.—Lay a piece of white stale bread on top of cauliflower while cooking, but do not cover the vessel. The bread will absorb the odor and should be removed before taking the cauliflower from the water.

Good Soup may be made from bones and remnants of left-over meat and chicken, and by adding celery, tomatoes and other vegetables, may be made nourishing.

To Restore Wilted Vegetables.—Soak first in slightly salted water, then in fresh water.

To Keep Vegetables Natural Green Color.—Add a pinch of soda to the boiling water just before putting in the vegetables to cook.

All Vegetables That Grow Above Ground should be put on to cook in boiling water; those *that grow under ground, except potatoes,* should be put on in cold water.

To Keep Lettuce Crisp—No. 1.—First pick over carefully, wash and soak in cold water thirty minutes, then drain and roll up in a soft towel, being careful to separate each leaf. Place towel in refrigerator or on ice. The lettuce will keep fresh twelve hours and be crisp.

To Keep Lettuce Crisp—No. 2.—Pick off wilted leaves, cut lettuce heads in quarters or sections, wash carefully, then cover with cold water one hour. Drain and put in a pan or bowl with a close fitting top, or put in a cheesecloth sack. Place on ice until ready for use. Will keep crisp and fresh eight to sixteen hours.

If Lettuce must be prepared in a hurry for salad, it may be washed carefully then tossed lightly in an old napkin to dry thoroughly.

Large or Outside Lettuce Leaves that will not do for salads may be cooked as spinach or greens, and make a very palatable dish.

To Beat Egg Whites Quickly.—Add a pinch of salt before beating them with a wire whip.

To Keep Egg Whites after they are opened, put them in a clean jelly glass or glass jar, close tightly and place in refrigerator. The whites will remain fresh three or four days.

To Keep Whole Egg Yolks Fresh.—Drop the whole yolks in a cup or small bowl of cold water; keep in refrigerator. The yolks will remain fresh for several days, and should be lifted from the water with a spoon when ready for use.

To Freshen Dry Cocoanut.—Steam for thirty minutes in a colander over boiling water, or soak a few moments in cold milk before using.

To Make Bread Crumbs.—Put all stale bread remnants in a very slow oven, or the warmer, to dry thoroughly; then run them through a meat grinder. Keep in an air-tight tin can, but be sure that the can gets a sunlight airing occasionally or the bread will become moldy.

Bread Crumbs.—After drying out the stale bread remnants, they may be crushed by placing them in a clean sugar sack and pounding with a mallet or rolling pin. This method prevents the crumbs from falling on the floor and table, and is preferred by some to running through the meat grinder.

Cutting Bread lengthwise instead of crosswise when making fancy sandwiches will save waste of bread.

For Frying.—It is better to use bread crumbs than cracker crumbs or cracker meal as the fried food will be less apt to become soft and soggy.

To Keep Sandwiches Moist.—Place them on a flat platter, cover carefully with a clean cloth wrung out in warm or cold water, then place dish in refrigerator until ready to serve. For outdoor lunches, roll sandwiches in waxed paper or put in waxed paper sandwich bags as soon as sandwiches are made.

To Freshen Rolls, Biscuits or Muffins that are left over, place them in a pan, set in another pan of hot water, then place in a hot oven a few moments, or sprinkle the breads lightly with cold water and place in the oven a few moments to heat. They will be almost as good as when freshly baked.

When Baking Apples or any tough skin fruit, such as plums, quince, etc., the skins should be pricked with the tines of a fork before cooking, as this will prevent the fruit from bursting and destroying the shape.

To Keep Berries Overnight.—Have berries as fresh as possible, put them in an air-tight preserve jar, fasten rubbers and tops securely just the same as when putting up preserves. If the jar is placed in the refrigerator, the berries will be perfectly fresh in the morning.

To Make Bouillon Clear.—Beat stiff two egg whites, turn into the strained boiling soup; let boil up a few times. Lift off whites with scum, then strain soup again and it will be perfectly clear.

Egg Shells may be dried and crushed, then used for clearing soups or boiled coffee. They also furnish necessary lime when fed to chickens.

To Freshen Stale Crackers.—Heat them in the oven a few moments.

To Blanch Shelled Almonds.—Pour boiling water over, let stand five to six minutes, drain and slip off skins one at a time.

To Keep Boiled Frosting From Breaking when it is cut, add a teaspoonful lemon juice while beating it.

Lemon or Orange Rinds may be easily grated by paring off the thin yellow rind from the fruit, and running it through a meat grinder.

When Cream Will Not Whip, try adding the white of an egg, put on ice to chill thoroughly, then whip together.

Sour Cream is a good substitute for shortening in biscuits and other breads, cakes and cookies, and may be used instead of butter if soda is used in place of baking powder.

Sour Cream also makes a good salad dressing.

Use Excess Syrup from pickled figs or peaches for making beet salad or other salads where sugar may be used in the dressing.

Left-Over Canned Fruit Syrups may be kept in air-tight glass jars in the refrigerator and used when needed for pudding sauces, for flavoring ice cream, or combined with gelatine instead of water for gelatine desserts.

To Prepare a Block of Ice From Which to Serve Oyster Cocktail at Parties.—Secure a large clear block of ice, smooth it on all sides by passing a hot smoothing iron quickly over it, then hollow out a cavity or well in the top of the block with the hot iron. Place the prepared block of ice on a large tray that has been previously covered with a large asbestos mat. Decorate the tray with green vines, flowers and grapes, or use any preferred decoration. Place the drained oysters in the ice well and serve them from it into cocktail glasses. The Cocktail Sauce should be served from a separate container.

CHAPTER IV

TERMS USED IN COOKING

Stirring.—Moving the spoon round and round in the batter, making a larger circle each time until all ingredients are thoroughly blended.

Beating.—Cutting downward from the top to the bottom of the mixture with a spoon, bringing the spoon round to the surface, then down again edgewise through the mixture. By this method air is forced into the batter and makes it light.

Folding is the process used to mix stiffly-beaten egg whites or whipped cream into other mixtures. The cream or stiff whites is put on top of the other mixture and folded into it with a spoon, moving the spoon downward from the surface, and bringing it up again slowly, folding over and over lightly until both mixtures are thoroughly blended.

Scalding Milk means to bring water to a boil in the lower vessel of a double boiler, placing the milk in the upper vessel, covering and leaving it until a scum forms on top of milk.

Blanching means to plunge into boiling water three to eight minutes, then draining quickly, and at times, plunging in and out of cold water immediately after using the boiling water. This process is used to remove outer skin from almonds, tomatoes, or other vegetables and fruit.

Kneading.—A term used in bread-making and other dough mixtures. It means working, turning and folding the dough with the finger tips, then pressing it down with the palms of the hands, working up and down until the dough is smooth.

Egging and Crumbing means to dip the article of food (usually croquettes) to be fried, first in stale bread or cracker crumbs, then in slightly beaten egg, to which one tablespoonful water has been added for each egg; then in crumbs again. The food must be well covered, but the crumb coating should not be too thick.

Boiling.—Cooking in *boiling* water.

Broiling.—Cooking over red hot coals, or just under a gas flame or electric burner.

Roasting really means to apply the heat the same way as for broiling, the difference being that the meat, usually a fowl or roast beef, is placed on a spit and allowed to revolve before the red hot fire. If pieces of meat are roasted in this manner, thick pieces must be used. In the accepted term, meats and fowl are said to be roasted when they are really baked in a range oven. Fowl or meat may

also be called roasted when they are cooked on top of a hot range in a covered Dutch oven.

Baking.—Cooking inside a range oven.

Steaming is to place food in a colander and let it cook over another vessel of boiling water. The colander should be covered while cooking.

Stewing is cooking for a long period in a small quantity of water just below the boiling point, thus making the food more tender and palatable.

Frying is cooking and browning by immersing in deep hot fat, sufficient to more than cover the article to be fried. Care must be taken not to put too much of the food into the fat at one time as it lowers the temperature of the fat. A wire frying basket is handy to use for frying. After the food is cooked it should be well drained on brown paper or in a colander.

Sauteing means cooking in a small quantity of butter or fat, the food being turned after one side is cooked.

A Pinch means as much of a dry ingredient, usually seasoning, as can be taken up between the fingers.

A Dash means a light shake from a salt or pepper shaker.

Seasoning.—When no special quantity of seasoning is mentioned, the seasoning is added according to individual taste.

Au Gratin means a dish of food that has been covered with bread or cracker crumbs, bits of butter dropped over, then placed in the oven to brown. The food may also be sprinkled over with grated cheese before browning.

Caramelizing Sugar.—Putting required amount of sugar in a smooth saucepan or iron skillet, placing over the hot part of range, and stirring constantly until sugar is melted and of the color of syrup. When desired shade is reached, remove from fire as sugar burns easily. If an equal amount of boiling water is added to the sugar after it is caramelized, and left to simmer until about as thick as syrup, it may be used for coloring soups, gravies, etc.

Larding is putting small strips of salt pork or bacon through the surface of uncooked meat. Insert one end of bacon strip into larding needle, hold needle firmly, and with the pointed end draw the bacon through the meat, being careful to leave it in the meat and let the ends project evenly on both sides; arrange in parallel rows two inches apart. Always lard with the grain, never across it.

To Dredge.—To sift or sprinkle over the surface, such as sprinkling flour over meat or other foods, on both sides, before cooking.

CHAPTER V

APPETIZERS

The appetizer, or first "bite" served at dinner, should be what its name implies, a simple, attractive bit to whet the appetite, and not an elaborate dish. It is not of much importance as far as nutriment is concerned, but being placed on the table before the guests enter the dining-room, helps to start off the meal sociably, and affords an opportunity for conversation before the main meal is served. In most cases it also helps to make the table look attractive.

Relishes are placed on the table before the meal is served, and are passed around with the meat course.

GRAPEFRUIT

Cut grapefruit in half crosswise with a sharp knife, then with a curved grapefruit knife, or a sharp pointed knife, cut a curve all around each section, loosening the fruit from the skin. Then clip around the core with sharp scissors, holding the core between the scissors, twist it around tightly until it loosens, then lift it out carefully.

Scallop around the edge of the shell, if preferred, with sharp scissors.

Most people prefer grapefruit served plain, but it may be sprinkled with a little powdered sugar. It should always be served thoroughly chilled, placed on individual small plates, and garnished in the center with a red or green maraschino cherry, according to the color scheme.

ORANGE OR GRAPEFRUIT GELATINE
(In Cups or Baskets)

1¼ tablespoons granulated gelatine
1 cup boiling water
1 cup orange or grapefruit pulp
1 cup sugar
1 cup fruit juice

Soak gelatine in one-quarter cup cold water ten minutes, stir boiling water over until dissolved. Add sugar and let mixture cool. When cold add fruit juice; set in pan of ice water, and as soon as mixture shows signs of congealing, stir in the fruit pulp cut in small pieces. Fill orange or grapefruit cups or baskets (page 549) with the mixture and place in refrigerator to stiffen.

When ready to serve, garnish centers with a maraschino cherry, and serve on individual plates covered with fancy doilies.

May be served as dessert when garnished with whipped cream pressed through a pastry tube.

GRAPEFRUIT DELIGHT

Cut the grapefruit in half, prepare in the usual manner, removing centers carefully. Chill thoroughly. When ready to serve fill cavity with ice-cold grape juice.

GRAPEFRUIT WITH OYSTERS

Cut the grapefruit in half, prepare as usual, removing centers very carefully so as not to break through the shell. Chill thoroughly. When ready to serve fill cavity with three or four small chilled oysters that have been seasoned with a little salt. Serve on individual plates with a crisp heart of celery.

SALAD APPETIZERS

Any of the dainty salads are suitable to be served as appetizers. They should be accompanied with cheese balls, cheese straws or toasted crackers.

GRAPEFRUIT COCKTAIL

Peel selected grapefruit, separate the sections; remove all skin and pith, then cut pulp in pieces. Chill thoroughly. When ready to serve fill thin glasses three-quarters full with fruit, then cover with chilled orange juice. Garnish with a maraschino cherry or a ripe strawberry.

DIVINITY GRAPEFRUIT

Peel grapefruit, remove pulp carefully from seed and membrane and cut in large pieces.

Remove pits from large, fresh red cherries.

Scoop out small balls from a fresh sweet cantaloupe with a patent vegetable scoop.

Chill all the fruit. Serve in tall stem glasses or in the cleaned grapefruit shells. Thin wire may be placed as handles on the grapefruit, then twined with smilax or ribbon.

GRAPEFRUIT SUPREME

2 grapefruit 2 large oranges

Remove yellow rind from grapefruit and oranges, then remove all white skin carefully. Separate fruit into sections, taking off the thin skin so as to leave pulp of fruit sections whole. Place on ice to chill. When ready to serve heap four or five sections of grapefruit, and three or four of orange, in tall stem glasses, and cover with a generous spoonful of:

Supreme Sauce

½ cup orange juice
½ cup canned peach or pineapple juice
1½ tablespoons lemon juice
⅔ cup sugar
½ cup cold water
1 teaspoon cornstarch

Heat orange, lemon and canned fruit juices together with sugar; as soon as mixture comes to a boil stir in cornstarch that was dissolved in the cold water. Let cook, while stirring until slightly thickened. Chill thoroughly before pouring over fruit.

May be used over any fruit cocktail.

FRUIT COCKTAIL

Fruit cocktail may be made of any preferred combination of fruit, berries or melon.

Berries combined with orange and peach, or with melon balls, make a dainty and refreshing cocktail.

It is always best to prepare the fruit beforehand, either sprinkling it with a little sugar, or covering with a heavy syrup made of the fruit juices and sugar; a few drops of lemon juice added will improve the flavor. The cocktail should always be served thoroughly chilled, in tall thin glasses.

FRUIT COCKTAIL No. 1

3 large grapefruit
2 oranges
1½ cups diced pineapple
¼ cup crystallized cherries

Peel off yellow and white rind from grapefruit and oranges. Separate pulp into sections, then cut in half if large. Cut pineapple in pieces, and cherries in half. Combine the fruit, add some of the grapefruit and canned pineapple juice. Chill thoroughly and serve in thin glasses.

FRUIT COCKTAIL No. 2

3 bananas
3 ripe peaches
2 oranges
4 slices canned pineapple
1 grapefruit
3 tart apples

Peel and slice banana in round slices. Peel and cut peaches and apples in dice pieces; cut pineapple in dice pieces. Peel and separate sections of orange and grapefruit, cutting in half if large. Combine fruit, mix with a little confectioner's sugar. Chill one hour before serving. Serve in thin glasses, and garnish center with a maraschino cherry.

MELON AND FRUIT COCKTAIL

Scoop balls from the pulp of ripe watermelon and cantaloupe with a patent vegetable scoop. Combine with peaches and pitted cherries, or any preferred fresh fruit.

Cover with a syrup made of one-half cup sugar and one teaspoon lemon juice to each cup water used. There should be sufficient syrup to cover fruit.

Chill in refrigerator after syrup is added to fruit. Serve in thin glasses.

WATERMELON GLACE

Secure a fine red meat watermelon, chill overnight, then scoop out pulp with a patent vegetable scoop, into balls, being careful to remove seeds first. Chill balls again, then heap in thin glasses. Pour two tablespoons ice-cold grape juice over each serving. If desired scooped out cantaloupe balls may be added to the watermelon balls.

WATERMELON COCKTAIL

Scoop out the red meat of a fine red watermelon in balls. To each cup watermelon balls add one teaspoon lemon juice, one teaspoon confectioner's sugar, four chopped maraschino cherries, and two teaspoons maraschino liquor. Chill thoroughly, and serve in thin glasses.

PEAR-CANTALOUPE COCKTAIL

Scoop into balls the pulp of fine sweet cantaloupes. Combine with scooped balls of ripe or canned pears. Serve chilled, in thin glasses, with one teaspoon grape juice over each serving.

CANTALOUPE FRUIT CUP

Scrub clean, small ripe cantaloupes (Rockyfords are best), cut in half lengthwise, and scoop out pulp into balls, being careful not to break the melon shells. Chill shells and balls thoroughly. Before serving combine balls with pitted ripe cherries, and fresh raspberries

or strawberries that have been washed and sugared beforehand. Serve fruit well chilled in the cantaloupe shells.

CANTALOUPE FRAPPE

Scrub clean, small ripe Rockyford cantaloupes, chill thoroughly. When ready to serve, cut in half crosswise and fill centers with raspberry or strawberry water ice.

Serve one-half melon to each individual.

DIVINITY RASPBERRIES

Cut in half and remove seeds from half as many small Rockyford cantaloupes as there are individuals to be served; chill thoroughly.

When ready to serve, heap cantaloupe halves with chilled fresh raspberries, that have been washed and sweetened with confectioner's sugar.

ORANGE DAINTIES

Select as many sound, medium size, thin-skin oranges as there are individuals to be served. Wipe with a damp cloth, then with a sharp thin knife cut a round piece (about as big as a silver dollar) from the top of each orange. Scoop out all the pulp, being careful not to break the shells. Squeeze pulp through a ricer or fine sieve; add a little maraschino or other preferred cordial, or more orange juice if there is not sufficient. Fill the orange shells with this juice after it has been thoroughly chilled.

Cut a hole in the round pieces of orange tops that were cut off; replace tops on oranges, then put two straws in each orange through the holes. Tie the straws together with ribbon to match color scheme, and serve ice-cold on fancy individual plates.

FRUIT APPETIZER

Place a round of best sliced, canned pineapple on a bed of lettuce in each individual plate. Fill centers of pineapple slices with halves of firm, peeled white grapes. Make a circle around pineapple of large, red maraschino cherries stuffed with coarsely-chopped pecan meats.

Allow one pineapple slice, ten grape halves, and eight maraschino cherries for each individual. Serve ice-cold.

PEAR APPETIZER

Allow two halves of select canned pears for each individual to be served. Drain and chill pears, then fill half the pear centers with cream cheese mashed smooth and seasoned with paprika.

Cover with the unfilled pear halves, and press together. Tint pears delicately with a little red fruit coloring. Place on a bed of crisp lettuce on individual plates, and garnish with mayonnaise and whipped cream mixed together and pressed through a pastry tube.

PINEAPPLE AND CHEESE APPETIZER

Use the smaller slices of pineapple. Allow two slices for each individual to be served. Place one slice on a bed of crisp lettuce on each individual plate, sprinkle with soft grated yellow cheese; cover with a second slice of pineapple, then sprinkle top with cheese. Place a fancy cut piece of pimento in center of pineapple, and encircle with mayonnaise dressing.

PRUNE COCKTAIL

Wash and soak large prunes in cold water two hours. Boil until very tender in water in which they were soaked; add a small quantity sugar while prunes are cooking. Drain when done, and remove stones. Place on ice to chill, then cut in small pieces with scissors. To the liquid in which prunes were cooked, add a few drops of lemon juice. Mix with cut prunes and serve in thin glasses with crushed ice.

EGG APPLES

Boil hard as many eggs as required, allowing one for each individual to be served. Remove shell from one egg at a time, keeping the balance in hot water. After shell is removed, and before egg is cold, press the ends carefully between the palms of the hands while rolling, thus flattening the ends; make a slight dent in each end to form the apple. When the eggs are cold, tint delicately with red fruit coloring.

Insert a tiny leaf in one end of the egg. Serve ice-cold on a bed of lettuce, garnished with mayonnaise.

Place cheese straws or crisp crackers on plate.

STUFFED EGGS

Boil hard as many eggs as required. When cold slice in half lengthwise. Remove yolks carefully and press through a ricer; cream

well, season with pepper and a few drops of lemon juice; add one-half teaspoon sardellen paste for each egg. Fill the white halves with the mixture, press each two halves together. Serve chilled on a bed of lettuce on individual plates. Serve with toasted crackers.

EGG NESTS

Boil hard required number of eggs. Drain and cover with cold water. When cold cut eggs in half lengthwise. Remove yolks carefully so as not to break whites. Press yolks through ricer, then mash smooth with just enough butter to make of rather stiff consistency. Season with salt, pepper and a little dry mustard. Roll mixture into tiny balls. Scoop out a little of the white halves to make cavities larger, and cut a tiny piece from each bottom so that it will sit flat.

Butter thin rounds of sandwich bread without crust, place a small crisp lettuce leaf on top of bread; place one or two white egg halves on top of lettuce, then fill the whites with the yellow balls. Put a tiny strip of sardellen or anchovy on the outer edge of the egg whites. Sprinkle a circle of chopped beets around the whole, and garnish plate with chopped parsley or watercress.

EGGS BENEDICT

Toast evenly on both sides rounds of sandwich bread cut one inch thick, allowing one round for each individual. Allow toast to cool, then spread one side with anchovy or sardellen paste.

On top of paste place a half inch thick round slice of ripe tomato; on top of tomato place a slice of crisp breakfast bacon.

Cover whole with a chilled poached egg cooked hard enough to prevent yolks from running. Over all, pour a large spoonful of hollandaise sauce or mayonnaise dressing.

Garnish top with minced parsley. May be served as a course for luncheon or supper.

ROSE APPLE APPETIZER

1 can Rose apples
2 cakes cream cheese
1 large head lettuce
¼ cup rolled pecan meats
Cream
Mayonnaise
Parsley sprigs

Rub cheese smooth using a little cream if necessary; add nuts. Drain rose apples (small round pimentos) from liquid and fill with cheese mixture. Place on a bed of crisp lettuce on individual plates,

surround with a circle of mayonnaise, then stick a tiny parsley sprig in center of cheese.

EGG AND CAVIAR APPETIZER

5 hard boiled eggs
4 large firm tomatoes
1 can caviar
3 teaspoons chili sauce
2 teaspoons cream
Mayonnaise
Salt and pepper

Boil eggs hard, remove shells, chill and press through ricer. Add chili sauce, cream, salt and pepper. Mix smooth, press and pack tightly in one-half pound baking powder tins. Place on ice five to six hours.

When ready to serve, slice the tomatoes in one-half inch thick slices, and place on beds of shredded lettuce on individual plates. Remove egg from can, slice in one-half inch round slices and place on top of tomato slices. Place a small teaspoon caviar in the center of egg slices.

Encircle whole with Mayonnaise dressing or Thousand Island dressing.

Artichoke hearts may be substituted for tomato slices if preferred.

STUFFED EGGS IN TOMATO ASPIC

1 can tomatoes
½ cup cold water
1 teaspoon salt
1½ teaspoons sugar
1 bay leaf
1 small can caviar
2 tablespoons granulated gelatine
2 tablespoons cut celery
1 tablespoon chopped onion
1 tablespoon minced parsley
6 hard-boiled eggs

Soak gelatine in cold water fifteen minutes. Add balance of ingredients, except eggs and caviar, to tomatoes. Add one-half cup water to tomato mixture and cook slowly twenty-five minutes. Remove from fire and press through a fine sieve. Dissolve soaked gelatine over hot water then add to tomato mixture. Fill individual molds half full with one-half of the mixture; set molds on ice to stiffen. Cool other one-half of mixture, but do not let it stiffen.

Cut eggs in half crosswise, being careful not to break white shells; remove yolks, press through ricer, then mash smooth with caviar, season with a dash of dry mustard and two teaspoons lemon juice, then fill white shells with egg mixture.

When aspic in molds begins to harden, place eggs in molds open side down, and cover with remainder of uncongealed tomato mixture. Place on ice to stiffen, four to five hours.

When ready to serve, turn molds on bed of lettuce, and garnish with Mayonnaise or Thousand Island dressing.

BEEF ASPIC WITH EGG AND CAVIAR

1 pint chicken or beef aspic (page 282)
1 small can caviar
3 hard-boiled eggs
3 canned pimentos

Press yolks and whites of eggs through ricer separately.

Cut pimentos in fancy shapes with a tiny vegetable cutter.

Divide one cup of the aspic (which should be in liquid form) in six equal portions, put same in the bottom of six small individual molds. Place on ice until it begins to stiffen, then put one or two pieces of pimento on top of aspic; sprinkle riced white of egg next, then put one-sixth of the caviar in center of egg white. Cover with egg yolk; fill molds with balance of aspic which has been kept cool but not allowed to congeal.

Place molds on ice four to five hours to stiffen.

Serve on beds of lettuce on individual plates. Serve with mayonnaise and cheese straws.

EGG AND CAVIAR APPETIZER

Hard-boiled eggs
Caviar or sardellen butter
Lettuce
Rounds of bread
Thick tomato slices

Boil eggs hard, allowing two for each individual. When cold press through ricer or fine sieve, season to taste with salt, pepper and a few drops of Worcestershire sauce. Butter individual timbale molds or cups, fill with prepared egg, packing down very tightly. Place on ice three to four hours to chill.

Spread bread rounds with soft butter, then toast on both sides. Spread a layer of caviar or sardellen butter evenly over toast; place toast on crisp lettuce in individual plates, put a slice of tomato on toast, then unmold pressed egg on top of tomato. Insert a tiny sprig of parsley in center of egg. Garnish whole with mayonnaise dressing pressed through a pastry tube.

TOMATO SURPRISE

6 firm round tomatoes
6 hard-boiled eggs
1 small can caviar
¾ cup Thousand Island dressing

Scald tomatoes, dip at once in cold water, remove skin and chill. Scoop out a deep piece from centers. Remove whole yolks from eggs when cold, and place in tomato cavity.

Put caviar on top of yolks. Place filled tomatoes on beds of lettuce, press egg white through ricer to garnish; top with Thousand Island Dressing (page 277). Serve ice-cold.

TOMATO APPETIZER

8 medium size perfect tomatoes
1 small can caviar
1 teaspoon Worcestershire sauce
¼ cut chopped celery
2 chopped hard-boiled eggs

Blanch tomatoes, peel and chill. Cut a slice from stem end and scoop out about one-third of pulp. Mix other ingredients together, then fill tomatoes with mixture. Serve thoroughly chilled in individual plates on beds of lettuce. Accompany with mayonnaise dressing.

CHEESE TOAST

1 tablespoon butter
6 bread rounds
⅓ saltspoon salt
1 cup milk
⅓ lb. yellow cheese
Dash pepper. 1 Tablespoon flour

Melt butter, stir in flour until blended, add milk gradually, stirring until smooth. Add cheese cut in small pieces, stir until melted; add seasoning. Serve at once on freshly toasted bread rounds.

CHEESE BALLS

2 pkgs. cream cheese
Cream
Salt
Pepper
Paprika
Lettuce

Mash cheese soft, adding a little cream if necessary. Season with salt, pepper and paprika; mold into small balls; chill thoroughly. Serve on toasted crackers garnished with strips of pimento.

ARTICHOKE HEARTS WITH ANCHOVY

Bread rounds
Anchovy paste
Artichoke hearts
Hard-boiled eggs

Toast bread rounds evenly, place an artichoke heart on toast, spread with anchovy paste. Sprinkle riced egg over. Garnish with crisp lettuce and lemon slices.

HERRING APPETIZER

Serve two or three pieces of boned pickled herring on individual plates. Accompany with rye bread and butter.

SHRIMP COCKTAIL

1 qt. cooked shrimp
Cocktail sauce

Remove shell and intestinal cord from shrimp, chill thoroughly. Cover with cocktail sauce. Serve ice-cold in glasses and garnish with parsley sprigs. Accompany with toasted crackers.

CRAB MEAT COCKTAIL

1 lb. fresh crab meat
1 tablespoon green pepper (in strips)
Cocktail sauce

Pick over crab meat carefully, mix with pepper strips, chill thoroughly.

Serve in cocktail glasses, cover with cocktail sauce. Garnish with a slice of lemon. Accompany with small round crackers.

LOBSTER COCKTAIL No. 1

Fresh or canned lobster meat
Lemon triangles
Cocktail sauce

Pick over meat carefully, chill. Serve heaped in cocktail glasses. Place a lemon triangle on edge of glass, and garnish top with a small parsley sprig.

LOBSTER COCKTAIL No. 2

2 boiled live lobsters
1 tablespoon catsup
1 tablespoon vinegar
1 cup mayonnaise
1 tablespoon anchovies (mashed smooth)
⅛ teaspoon white pepper
Paprika

Pick white meat from lobsters and chill. Mix other ingredients well together, and cover lobster meat that has been heaped in glasses.

OYSTER COCKTAIL No. 1

Use small oysters, chill and drain thoroughly. Mix with cocktail sauce. Serve in cocktail glasses, with a triangle of lemon on edge of glass.

OYSTER COCKTAIL No. 2

1 pint small oysters
1 tablespoon mushroom catsup
2 tablespoons tomato catsup
2 teaspoons lemon juice
2 drops tabasco
1 teaspoon grated horseradish
Salt to taste

Chill oysters and drain thoroughly. Mix other ingredients together, pour over oysters. Serve in glasses. Accompany with toasted crackers. A little chopped celery may be added to oysters if desired.

HOT CRAB MEAT CANAPE

1 cup thick White Sauce (page 159)
¼ cup grated yellow cheese
1 tablespoon lemon juice
⅓ lb. fresh crab meat
¼ teaspoon salt
¼ teaspoon Worcestershire
Paprika
Rounds of toast

Add crab meat to white sauce, add seasonings. Spread mixture on rounds of hot toast; sprinkle with cheese, then with paprika. Put in hot oven just long enough to melt cheese and brown lightly.

Serve at once very hot.

HOT ANCHOVY CANAPE

Toast evenly rounds or triangles of sandwich bread; spread thinly with anchovy paste or butter. Top with four anchovy halves. Place on a baking tin and run in a moderate oven one minute to heat.

Serve at once.

HOT CAVIAR CANAPE

Cut six rounds of sandwich bread one-quarter inch thick; toast evenly on both sides.

Put contents of a small can caviar in a small saucepan; add two tablespoons sweet cream, heat just one minute while stirring carefully. Spread mixture over hot toast and serve at once, garnished with a slice of lemon.

SARDINE CANAPE

Cut slices of sandwich bread (not too thin) with a round biscuit cutter. Cover tops evenly with sardine paste. In the center place a ring of chopped stuffed olives. Make a border around the edge, of riced yolk and white of hard-boiled egg.

ANCHOVY CANAPE

Toast carefully, rounds of bread cut with a biscuit cutter. Spread tops with anchovy paste. Make a circle around edge of finely minced parsley.

Place a piece of pimento, cut star shape, in center.

SALMON CANAPE

Cut triangles of bread with a cookie cutter. Spread tops with melted butter. Place a piece of red smoked salmon in center, and surround with a border of caviar.

CAVIAR CANAPE

Mix one teaspoon finely minced onion and one-half teaspoon paprika with contents of one small can caviar. Add four drops lemon juice. When well blended, spread on heart-shaped pieces of toast. Place half a stuffed olive in center.

PATE DE FOIES GRAS CANAPE

½ lb. fowl livers
1 teaspoon minced onion
2 hard-boiled egg yolks
½ cup fowl fat
Salt
Pepper

Heat fat, add livers and cook until tender, not hard; baste often with the fat. Remove from fire, chop very fine, add riced egg yolk, salt and pepper to taste, and sufficient melted butter or fat in which livers were cooked, to make a smooth paste. Spread evenly on triangles or rounds of toast. Garnish with a border of minced parsley.

CHEESE CANAPE

Cut sandwich bread slices with a small biscuit cutter. Spread lightly with prepared mustard, sprinkle thickly with grated yellow cheese, then with finely chopped olives.

Place a small fancy cut piece of pimento in the center.

RELISHES

WHITE AND BLACK RADISHES

Scrub radishes, cut off stringy end and all but a tiny piece of the green shoot at the root. Keep in cold water until shortly before serving time; with a sharp-pointed knife make a long slit inside the skin, half way down, pulling the skin down to look like flower petals. If radishes are put back in ice-water half an hour, the petals will curl better.

SLICED LARGE RADISHES

Scrub radishes, peel and slice in thin round slices. Let stand in salted ice-water thirty minutes before serving. A dish of mixed sliced radishes and round red ones is attractive.

RED RADISHES

Select firm bright red radishes, scrub and cut off stringy end, and all root except a tiny green shoot. With a sharp-pointed knife make four or five incisions lengthwise just inside the skin. Pull skin down and soak radishes in ice-water so that petals will curl. Drain before serving.

OLIVES

Olives should be chilled in jars in which they come and not removed from the liquor until serving time, as they become dry and discolored.

CELERY

Secure bleached, white-looking celery if possible. Remove outer tough pieces which should be put aside for soups, stews, etc. Clean thoroughly, trimming off as little of the root as possible, and trimming off part of the top. Make an incision part way down each branch to make it curl. Place in a pan of cold or ice-water. Drain well before serving.

STUFFED CELERY

8 celery branches
1 teaspoon Worcestershire
1 teaspoon minced olives
¼ lb. soft yellow cheese
⅛ lb. Roquefort cheese
Dash paprika

Mash cheese soft and creamy, add other ingredients; it may be necessary to add a bit of cream. Select celery branches as near one size as possible, clean, dry thoroughly and chill, before filling grooves with cheese mixture.

GREEN ONIONS

Select young tender onions with green tops; they usually come in bunches. Wash well, peel off outer skin and cut off green tops, leaving only a bit on the onions. Let stand in ice-water, draining well before serving.

SLICED TOMATOES

Select firm, well-formed ripe tomatoes, wash and dry thoroughly, then chill. Slice in round slices, not too thin. Serve in salad bowl or individually as preferred, with French dressing or mayonnaise dressing.

CRANBERRIES

Mold cranberry jelly in individual or large molds, turn out on fancy platter at serving time.

CHAPTER VI

SOUPS

Soups serve several purposes. They contain vegetable salts that are in themselves healthful, and when served hot before the meal, increase the flow of stomach juices, thus aiding digestion.

The most nourishing soups are made from fresh meats and vegetables.

Cream or milk soups contain a high percentage of food value, but are rather rich to be served before a heavy meal.

In making meat soups, the meat should always be put on in cold water, covered well and cooked slowly, especially the first hour. If allowed to cook rapidly at the beginning the meat tissues become hardened and shut in the juices.

A knuckle or shin bone with a good deal of meat on it, is best for soup making. Allow four to five hours or longer for cooking soup, the longer the better.

SOUP STOCK, which is the basis of meat soups, sauces and gravies, is the liquid in which meat, bones and vegetables have been cooked a long time, and contains the extract or juices of these things.

CONSOMMÉ is a clear soup stock made from beef or fowl and vegetables, being strained after cooking. It is best to make consommé and bouillon the day previous to serving, straining when done and placing in refrigerator until the following day; it will then be in a jellied form, and the crust of fat that has formed on the top may be easily lifted off. The stock will keep fresh on ice three or four days and may be reheated as needed.

WHITE STOCK is soup made from either veal or chicken or from a combination of both, with flavoring of celery, potatoes, etc.

BROWN STOCK is made from beef and beef bones cooked together with various vegetables, such as tomatoes, onion, celery, carrots, etc.

If wanted dark brown in color, a bouillon cube, a little beef extract or kitchen bouquet may be added, or add a few drops Caramel Coloring (page 157).

TO CLARIFY SOUP STOCK, remove fat, and put quantity to be served in saucepan, allowing shell and white of one egg to each quart of stock. Break shell in small pieces, beat white slightly, and add both to soup stock. Place over fire, stirring constantly until

boiling point is reached, then simmer slowly twenty minutes. Remove scum which should rise to top, then strain through double cheesecloth.

PLAIN CONSOMMÉ

1 large shin bone
2 lbs. beef from shin bone
½ cup diced carrot
½ cup diced turnip
½ cup diced celery
1 small sliced onion
1 small bay leaf
2 sprigs parsley
1 clove
2 whole allspice
6 whole black peppers
2 tablespoons drippings
Dash white pepper
Any scraps of chicken, meat or bones on hand
Salt to taste

Wipe meat with damp cloth, cut in large cubes. Put bone, half the meat, and water in soup pot, cover vessel closely, bring slowly to boiling point, cook slowly thirty minutes, then add seasoning.

Heat drippings in saucepan, add balance of diced meat, celery, turnip and carrot; stir while browning lightly, then add contents of saucepan to soup pot, continue cooking slowly and steadily four to five hours.

Remove from fire, strain through fine sieve, cool, then place in refrigerator to chill. If left over-night the stock will form jelly, and the fat will form a cake on top. Lift off fat and reheat stock as needed.

To clarify, heat stock to boiling point, add one egg white for each quart stock. Beat white to stiff froth, with one teaspoon cold water, add to soup stock, let boil up two or three times; skim, then strain through double cheesecloth.

CONSOMMÉ DUCHESS

Prepare plain consommé and clarify. Beat two egg whites very stiff, then drop by tablespoonfuls in a shallow pan of scalding hot milk, being very careful that milk does not scorch. Turn the meringues (egg whites) after cooking on one side and cook on other side. If properly cooked they will be light and spongy and will not cling to the finger when touched lightly. Remove carefully from milk with a skimmer.

Serve hot consommé in cups and place one meringue on top of each serving.

BEEF JUICE

1 lb. thick top round steak
2 tablespoons cold water

Trim all fat and skin from meat, cut in small pieces, add water, put in a one-quart mason jar, place top on jar but do not fasten tightly.

Place jar in a pan of cold water, let water come to boil, then cook steadily four to five hours or longer. Strain off liquid from meat, let stand to clear, then pour off clear part, or strain through double cheesecloth. Add salt to taste.

Serve hot or cold as preferred. Beef juice is very nourishing for invalids, old people or children. Will keep fresh on ice two days.

BEEF TEA

1 lb. thick top round steak
1 pint cold water

Trim off all fat and skin and cut meat in small pieces. Weigh after cutting. To one pound meat add one scant pint water; let stand not less than one hour. Put in saucepan, let cook slowly and steadily twenty minutes from the time it begins to boil.

Strain through a fine sieve or double cheesecloth. Set aside to settle, then pour off clear part. Salt to taste.

Serve hot or cold. Fine for children, old people or invalids. Will keep two days on ice.

BOUILLON

1 four lb. hen
3 qts. cold water
2 teaspoons salt
1½ lbs. rump of beef
1½ lbs. thick part veal
⅛ teaspoon white pepper

Clean and disjoint hen as for frying; add water, cook slowly and steadily. Put beef and veal in baking pan, add just enough water to prevent burning, brown very quickly in oven; then cut in pieces and add with juices to chicken. Season with salt and pepper, continue cooking slowly five to six hours or longer until all meat is ready to fall in pieces.

Strain through double cheesecloth and place in refrigerator over night. Next morning when stock is congealed, lift off fat. Reheat stock as required. Bouillon will remain fresh three days on ice.

Excellent for invalids, children or old people.

CHICKEN BOUILLON

Clean and disjoint a four-pound hen, cover with cold water. Season with salt and pepper. Add two branches celery, two sprays parsley and a small piece onion if desired. Cook slowly and steadily five to six hours or longer, until meat falls from bones.

Strain, place in refrigerator over night to jell. Next morning lift off fat and clarify soup stock same as consommé. Heat as required.

May be eaten in jelly form if preferred. Nice for invalids, children or old people.

SOUP STOCK

2 to 3 lbs. brisket of beef
2 to 3 lbs. knuckle bone
2 cups canned tomatoes
2 carrots
1 green pepper
½ onion, cut up
Salt and pepper
Celery

Wash meat and bone, cover with cold water, cook slowly one hour in covered vessel used for no other purpose than to cook soup. Skim, add vegetables and seasoning. Any left-over meat or fowl or bones, cooked or raw, may be added to pot. A small quantity left-over meat gravy may also be added to advantage. Continue cooking slowly and steadily four to five hours or longer. Remove from fire, strain and mash vegetables through sieve. Let stand a few moments, then skim off fat. Heat as required, adding any preferred ingredient.

Soup stock is used for making soups, gravies and meat sauces.

Serve the cooked brisket or soup meat as meat course with horse-radish, or use for making hash.

TOMATO BOUILLON

1 qt. soup stock
2 tablespoons flour
1½ tablespoons butter
¼ teaspoon Worcestershire
1 teaspoon chili sauce
1 cup canned tomatoes
½ cup cut celery
Salt
Pepper

Melt butter in saucepan, add flour, stir while browning. Add tomatoes, stir occasionally for ten minutes while browning slightly. Add soup stock and all seasonings, let simmer slowly thirty minutes, watching carefully. Pour over toasted bread cubes when serving.

BEEF NOODLE SOUP

1 qt. clear soup stock
½ cup fine noodles

Heat soup stock, season if necessary. Add noodles to boiling stock, let cook fifteen minutes before serving.

JULIENNE SOUP

3 pints soup stock or consommé
1 cup carrots
1 cup turnips
1 cup cabbage
½ cup celery (cut in fine strips)
2 tablespoons butter
1 cup tiny green peas
Salt
Pepper

Melt butter, add carrots, turnips and cabbage, stir until nicely browned, then add to hot soup stock. Add peas and celery. Season

to taste with salt and pepper. Cook slowly and steadily one hour after adding vegetables.

VEGETABLE SOUP

3 pints strained soup stock
1 cup canned tomatoes
1 cup peas (fresh or canned)
2 cups cold water
2 branches celery
2 carrots
1 small onion
1 small piece cabbage
8 pods okra
Salt and pepper

Any other preferred combination of vegetables may be used. Clean and cut in dice pieces, cover with water, cook one hour or longer until vegetables are done. Pour vegetables and liquid in hot soup stock, add more salt and pepper if necessary, cook thirty minutes longer before serving.

MUTTON BROTH WITH BARLEY

3 lbs. mutton from the neck
2 qts. cold water
3 tablespoons barley
Salt
Pepper

Wipe meat with damp cloth, remove fat and skin, cut in small pieces. Put meat and bone in kettle, cover with water. Heat gradually to boiling point, season with salt and pepper.

Cook slowly and steadily about three hours until meat is very tender. Strain, and skim off any fat. Reheat to boiling point, add washed barley, cook until grains are very soft, about two hours.

Barley may be soaked an hour before adding to broth.

MUTTON BROTH WITH RICE

3 lbs lean mutton
2 carrots, diced
⅓ cup rice
3 qts. cold water
1 branch celery
Salt and pepper

Cut mutton in pieces, add water, vegetables and seasoning. Cover vessel, cook slowly and steadily three to four hours. Strain, add washed rice, cook slowly forty-five minutes longer. If desired, three-quarter cup sweet cream (scalded) may be added just before serving.

MULLIGATAWNY SOUP

3 pints soup stock
2 tablespoons butter
2 tablespoons flour
½ tablespoon Curry powder
1 tablespoon cut celery
1 onion, in small slices
⅓ cup diced carrot
1 cup canned tomatoes
2 sprigs parsley
1 sliced apple
1 chopped green pepper
Salt and pepper

Melt butter, add onion, carrot and celery, let brown, then stir in flour, browning lightly. Stir in soup stock; when beginning to boil, add tomatoes, curry powder, parsley, apple, green pepper, salt and pepper to season well. Cook slowly and steadily one and one-half hours; strain, pressing vegetables through fine sieve. Serve with cooked rice.

MOCK TURTLE SOUP

1 calf's head
1 cup strained tomatoes
¼ cup diced onion
¼ cup diced carrot
1 pint soup stock
2 tablespoons butter
3 tablespoons flour
1 tablespoon lemon juice
4 cloves
2 allspice
2 hard-boiled eggs, diced
Salt and pepper

Clean and wash head, soak one hour in cold water. Drain, cover with cold water, add carrot, onion, allspice, cloves, salt and pepper; cook until meat on head is perfectly tender and falls from bone. Strain, remove meat and cut in dice. Reheat water, cooking down to three cups. Melt butter, stir in flour until brown, add soup stock gradually, stirring until blended. Add tomatoes, lemon juice, water in which head was cooked, and one cup of diced meat. Let cook slowly ten minutes. Add hard-boiled egg just before serving. If desired, one tablespoon sherry wine may also be added.

CHICKEN SOUP OR BROTH

3 or 4 lb. hen
2 branches celery
2 sprays parsley
Salt and pepper
Onion if desired

Clean and disjoint chicken, cover with cold water, let come to boil quickly. Add all seasonings, reduce heat and cook slowly four to five hours. Strain, cool and skim off fat. Reheat as desired.

If chicken soup is cooked long enough, it should jell when kept over-night in refrigerator. It may be served in jelly form and is very palatable to children and convalescents.

CHICKEN SOUP WITH RICE

Prepare chicken soup, strain, skim off fat. When reheating add one-half cup washed raw rice, cook forty-five minutes before serving. Less rice may be added if preferred.

CHICKEN NOODLE SOUP

1 qt. chicken soup
½ cup fine noodles

Strain and skim soup, let come to boiling point, drop noodles in lightly, let cook fifteen minutes before serving.

CHICKEN GUMBO

1 qt. chicken broth
2 lb. can tomatoes
2 slices breakfast bacon
1 frying size chicken
1 qt. round sliced okra
2 lbs. can corn or 4 ears fresh corn
3 slices onion
Salt, pepper, cayenne

Clean and disjoint chicken as for frying. Fry bacon crisp, remove and put aside. Add onion to bacon grease, let brown, add chicken which has previously been seasoned and dredged with flour, let fry on both sides. Add okra, corn and tomatoes, let cook gently ten minutes, add hot chicken broth, bacon slices and season highly.

Cook very slowly, in soup pot, two hours, stirring from bottom often to prevent sticking to pot. Serve with cooked rice.

CREOLE GUMBO

6 hard shell crabs
1 pint fresh, cooked shrimp
1 pint small oysters
2 slices breakfast bacon
2 qts. soup stock or cold water
1 qt. fresh okra
2 lb. can tomatoes
1 onion, chopped
2 tablespoons flour
1 chopped green pepper
Salt, pepper, cayenne

Drop live crabs in boiling water two minutes, just long enough to kill them. Remove from water, take off hard shell and claws, remove spongy part, then wash crabs and claws clean, using a brush if necessary. Cover crabs and claws with soup stock or water in soup pot, let boil rapidly at first, then reduce heat.

Fry bacon in skillet, remove from fat and put in soup pot with crabs. Brown onion and flour in the bacon grease, add okra cut in round slices, stir occasionally while browning. It may be necessary to add more fat while cooking okra. When okra is lightly browned, add tomatoes, green pepper, cayenne, salt and pepper; cover skillet, simmer slowly fifteen minutes, then turn contents into pot with crabs. Cook slowly and steadily three and one-half to four hours. Add shrimp and oysters twenty minutes before serving.

Gumbo must be highly seasoned. Serve with a spoonful rice and one crab in each portion.

OLD FASHION SOUTHERN GUMBO

2 or 3 lbs. knuckle bone
1 frying size chicken
3 qts. cold water
4 ears corn, scraped
3 slices breakfast bacon
1 teaspoon Worcestershire
1 qt. okra, cut in round slices
1 small green pepper, sliced
1 small onion, sliced
2 lb. can tomatoes
2 tablespoons flour
Salt, pepper, cayenne

Cover bone with water, add half the onion, salt and pepper, cook steadily three hours. Fry bacon crisp, remove and put aside, add balance of onion and flour to bacon grease, fry brown, then add okra, stirring occasionally while browning lightly (it may be necessary to add more drippings). When okra is brown, add corn, tomatoes and green pepper. Cover skillet, let cook gently fifteen minutes. Strain soup stock, mix with contents of skillet, continue cooking in soup pot two hours. Disjoint chicken, season with salt and pepper and dredge with flour. Fry brown on both sides in drippings, add to soup pot thirty minutes before serving. Season soup with cayenne and Worcestershire, adding more salt if necessary, add bacon. Serve with hot boiled or steamed rice.

DUTCH SOUP

3 cups soup stock
1 qt. cold water
1 cup split peas
1 ring sausage or small sausages
Salt and pepper
Bread croutons (page 40)

Soak peas in cold water two hours, or over night if preferred. Drain, cover with one quart water, cook steadily three hours, then mash with water through fine sieve. Add to soup stock, season with salt and pepper to taste, cook slowly two hours longer. Twenty minutes before serving add sausage; cook twenty minutes, uncovered, or sausage will burst. Add bread croutons when serving. Smoked beef may be used instead of sausage, if so it must be put on to cook with peas as it requires much longer cooking than sausage.

GREEN LENTIL SOUP

Cook same as Dutch Soup or Split Pea Soup.

SOUP A LA RUSSE

1 qt. soup stock
1 cup sour cream (not too acid)
Salt and pepper
Bread croutons

Scald soup tureen with boiling water, drain, and while dish is hot, turn in cream. Let stock come to a good boil, strain into cream while constantly stirring. Season delicately with salt and pepper. Add hot bread croutons when serving.

SOUPS WITHOUT STOCK

BROWN FLOUR SOUP

2 tablespoons butter
2 tablespoons flour
2 cups cold water
1 egg yolk
Salt and pepper
½ cup sweet cream

Melt butter, add flour, stirring until brown, not dark. Add water, stirring constantly until slightly thickened. Season well with salt and pepper. Stir in cream just before serving. When ready to serve, beat egg yolk slightly in bowl, add soup while constantly stirring. Serve with or without bread croutons.

VEGETABLE SOUP

1 cup tomatoes (fresh or canned)
½ cup each, diced carrot and diced celery
¼ cup each, cut cabbage and onion
5 cups water
1 cup lima beans
1 cup green peas
1 cup diced potato
1½ tablespoons flour
1½ tablespoons butter
Salt and pepper

Clean and prepare all vegetables, add to water (except potatoes). Cook slowly and steadily one and one-half hours. Season to taste with salt and pepper. Add potatoes, cook thirty minutes longer.

When potatoes are almost done, melt butter in a large saucepan, stir in flour until lightly browned, then add soup very slowly, stirring carefully so that vegetables will not mash. Cook ten minutes and serve.

TURKEY SOUP

Put any left-over turkey bones, meat or giblets in soup kettle, add celery, canned tomatoes, parsley and onion. Cover with cold water, season with salt and pepper, cook slowly and steadily three hours. A little rice may be added while cooking if desired.

SPLIT PEA SOUP

1½ cups split peas
3 qts. cold water
1 small onion, chopped
2 tablespoons flour
2 tablespoons butter or fat
1 tablespoon chopped celery
1 ring sausage
Salt and pepper

Wash and soak peas two hours, or over night if preferred, in sufficient water to cover thoroughly. Drain, add water, boil

slowly and steadily in a covered vessel three hours, adding celery, salt and pepper while cooking.

Mash water and peas through a fine sieve, then continue to cook until reduced to about three pints.

Melt butter in skillet, add onion, then flour and brown nicely; stir in a few spoonfuls of the cooking soup, then turn contents of skillet into soup pot. Cook ten minutes, add sausage and cook twenty minutes more. May be served without sausage if preferred; if so, add bread croutons when serving.

CREAM SOUPS

CREAM OF CHICKEN SOUP No. 1

1 qt. hot chicken broth
2 cups hot White Sauce (page 159)

Stir boiling chicken broth carefully into hot white sauce; add more salt and pepper if necessary. Accompany with toasted oyster crackers or butter thins.

CREAM OF CHICKEN SOUP No. 2

1 qt. chicken broth
1 pint thin cream or milk
2 egg yolks
Salt and pepper

Heat cream or rich milk to boiling point (if milk is used, add one tablespoon butter). Beat egg yolks slightly, add hot milk very gradually, stirring until well mixed. Add hot broth slowly, stirring constantly. Serve at once with toasted crackers.

CREAM OF ASPARAGUS SOUP

1 can asparagus or tips
2 tablespoons butter
2 tablespoons flour
3 cups milk
1 cup sweet cream
1 cup asparagus liquor
Salt and pepper

Cut tips from half the asparagus and put aside. Cut up balance of asparagus, cover with liquor, cook slowly until asparagus is soft, about thirty minutes, mash through a coarse sieve or colander. Melt butter (do not brown), stir in flour until blended, stir in milk gradually, then add strained asparagus and liquor, cook until very slightly thickened, no longer. Beat egg yolk slightly in soup tureen or bowl, add scalded cream gradually while stirring, add hot soup and reserved asparagus tips and serve at once, season with salt and pepper.

CREAM OF CELERY SOUP

2 cups celery cut in inch pieces
2 cups milk
2 cups cold water
½ cup sweet cream
2 tablespoons butter
2 tablespoons flour
Salt and pepper

Clean celery, cut in pieces, add water, cook one hour, strain and mash through coarse sieve. Melt butter (not brown), add flour, stirring until blended, stir in milk until slightly thickened, add strained celery, cook slowly two minutes, then add hot cream, season and serve at once with Bread Croutons (page 40) or toasted crackers.

CREAM OF TOMATO SOUP

2 lb. can tomatoes
3 cups milk
¼ teaspoon soda
1 teaspoon chopped onion
1 tablespoon chopped celery
2 tablespoons butter
2 tablespoons flour
1 sprig parsley
Salt and pepper

Cook tomatoes, onion, celery and parsley slowly together thirty minutes, mash through fine sieve. Melt butter (not brown), stir in flour until blended, add milk very slowly, stirring until slightly thickened. Add strained tomatoes, season with salt and pepper. Stir in soda and serve immediately. Many people add one teaspoon sugar to tomato soup; this may be done if desired.

CREAM OF PEA SOUP

1 cup cream
1 cup cold water
½ cup chopped celery
2 cups milk
1 can green peas
2 tablespoons butter
2 tablespoons flour
Salt and pepper

Cook peas, celery and water together thirty minutes, mash through sieve. Melt butter, stir in flour until blended, add milk gradually, stirring until slightly thickened. Add strained pea mixture, season with salt and pepper, stir until smooth. Add scalded cream and serve at once, with croutons or toasted bread cubes.

CREAM OF SPINACH SOUP

2 lbs. (bunches) spinach
3 cups clear beef or chicken stock
1 cup thin cream or rich milk
2 cups boiling water
2 tablespoons butter
3 tablespoons flour
¼ teaspoon soda
Salt and pepper

Pick over and wash spinach, cover with boiling water, stir in soda, cook thirty minutes; drain, chop, and mash through sieve. Melt

butter, add flour until blended, stir in soup stock until smooth, add spinach, stir in cream or milk. Season with salt and pepper. Let boil up once before serving.

CREAM OF LETTUCE SOUP

2 heads lettuce, finely cut
3 cups chicken or beef stock
½ cup cream, scalded
1 egg yolk
2 tablespoons rice
2 tablespoons butter
1 teaspoon minced parsley
1 teaspoon minced onion
1 teaspoon celery salt
Salt and pepper

Clean and wash lettuce, cut fine. Melt butter; when hot add onion, stir until yellow, add lettuce, parsley, soup stock and rice; cook thirty minutes slowly until rice is soft, then add cream and seasonings.

Stir over slightly beaten egg yolk. Serve at once.

CREAM OF MUSHROOM SOUP

1 can mushrooms
1 small slice onion
1 qt. rich milk
1 cup cream
1 egg yolk
2 tablespoons butter
2 tablespoons flour
Salt and pepper

Drain and chop mushrooms very fine, add to milk; add onion, cook in double boiler twenty minutes, then remove onion. Heat butter, stir in flour, then gradually add milk with mushrooms, stirring constantly until smooth and slightly thickened. Add seasoning. Beat egg yolk slightly, add hot cream, then stir into soup; let boil up once before serving.

CREAM OF CORN SOUP

1 pint raw corn pulp, or 2 lb. can corn
1 qt. rich milk or thin cream
2 tablespoons butter
3 tablespoons flour
Salt and pepper

Split grains of corn and scrape from cob. Cover cobs with cold water, boil twenty minutes, drain, reserve two cups.

Melt butter, stir in flour, add milk gradually; when well blended, add reserved corn water, and scraped corn. Season with salt and pepper. Cook slowly and steadily twenty minutes. Serve with toasted crackers.

CREAM OF POTATO SOUP

1½ cups boiled mashed potatoes
2 tablespoons butter
½ teaspoon minced onion
1 tablespoon flour
3 cups milk
½ cup cream (scalded)
1 tablespoon minced celery
Salt and pepper

Boil potatoes until done, drain and mash through ricer; measure required quantity. Heat butter, add onion, then flour, browning lightly. Stir in potatoes, then stir in milk immediately, mixing well while adding. Add celery salt and pepper, stir until boiling point is reached and mixture smooth. Add hot cream and serve at once.

SOUPS WITH SEA FOODS

OYSTER SOUP

1 pint oysters
1 pint rich milk
3 tablespoons butter
1 tablespoon minced celery
1 teaspoon chopped parsley
Salt and pepper
Oyster crackers

Clean oysters, removing all small shell. Strain off liquor, add parsley, celery, salt and pepper to season; let cook slowly ten minutes, then skim well. Heat milk to boiling point, add butter.

Cook oysters in hot liquor until plump and edges curl, pour into soup tureen, stir in hot milk; add more salt and pepper if necessary. Add broken oyster crackers if desired, or serve separately. If very rich soup is desired, add beaten egg yolk.

OYSTER STEW

1 pint oysters
1 pint milk
½ cup cream (scalded)
2 tablespoons butter
3 tablespoons flour
1 teaspoon each minced celery and parsley
Salt and pepper

Clean oysters, remove small shell, strain liquor. Melt butter, add flour, then milk gradually, stirring until blended. Add celery and parsley to strained liquor, cook ten minutes; add oysters, cook until plump and edges curl. Stir into milk mixture, add hot cream and seasoning. Serve over oyster crackers.

TOMATO SOUP WITH OYSTERS

2 lb. can tomatoes
1 pint rich milk
1 pint oysters
1 cup cold water
1 teaspoon salt
⅛ teaspoon soda
2 tablespoons butter
3 tablespoons flour
1 tablespoon chopped celery
1 teaspoon chopped onion
1 teaspoon sugar
⅛ teaspoon white pepper

Cook tomatoes, water, celery, onion, sugar, salt and pepper together thirty minutes; mash through sieve and reheat.

Add butter to milk, let come to good boil; thicken slightly with flour mashed smooth in a little milk, stirring gently.

Clean and drain oysters, heat in pan just long enough to plump and curl edges.

Add soda to hot tomatoes, stir rapidly into hot milk; add drained oysters and serve at once. If left standing soup will curdle. Serve with toasted crackers.

LOBSTER BISQUE

2 lbs. boiled lobster
2 cups cold water
2 cups milk
3 tablespoons butter
3 tablespoons flour
1 cup cream (scalded)
Salt, pepper, cayenne

Remove lobster meat from shell, cut body meat in dice, chop claw and tail meat fine. Cook shell in cold water twenty minutes, drain and reserve liquor. Heat butter, stir in flour until blended, add reserved liquor gradually, stirring until well mixed, stir in milk gradually, add meat, cook slowly five minutes. Add cream and seasoning, mix well, serve at once. Soup stock may be used instead of water, and makes Bisque richer.

CLAM BISQUE No. 1

2 doz. large clams
1½ cups sweet cream (scalded)
3 cups soup stock
⅔ cup rice
Salt and pepper

Clean clams, put in saucepan with own liquor, let come to boiling point, remove from fire at once, drain, reserving liquor. Chop clams very fine, add liquor, add soup stock and rice, cook slowly and steadily forty-five minutes. Mash liquor and ingredients through fine sieve, heat to boiling point, add seasoning. Stir in cream carefully and serve at once. A few rolled crackers may be added when serving.

CLAM BISQUE No. 2

2 doz. large clams
2 tablespoons butter
2 tablespoons flour
1½ cups cold water
1½ cups cream (scalded)
Salt and pepper

Pour water over clams, then drain off water and clam liquor and heat to boiling point, skim and strain through fine sieve then reheat. Chop clams very fine, add to hot liquor, cook twenty minutes, skim again if necessary. Rub butter and flour together smooth, add to hot cream, stirring until well mixed, then combine both mixtures, season with salt and pepper. Serve hot with toasted oyster crackers.

CLAM BOUILLON

Secure fresh clams in shell. Scrub with a vegetable brush until all grit and sand is removed. Put clams in soup pot or saucepan, add a very little water, one-half to one cup, dependent on quantity of clams. Cover vessel closely, bring water gradually to boiling point, then reduce heat, letting clams steam until shells open and liquor exudes. Remove shells and clams with a skimmer.

Strain broth through fine cheesecloth, reheat, season with salt and pepper. Serve in bouillon cups.

CLAM CHOWDER No. 1

1 qt. clams
3 pints cold water
2 tablespoons chopped onion
2 tablespoons chopped celery
2 tablespoons butter
3 cups diced white potatoes
3 cups canned tomatoes
2 slices breakfast bacon
¾ teaspoon salt
2 tablespoons flour
5 broken crackers

Cook potatoes, celery, onion, salt, pepper and water slowly together twenty minutes.

Cook tomatoes in another saucepan ten minutes, mash through fine sieve, then add to potato mixture. Fry bacon crisp, take from grease, cut in small pieces, add to potato mixture. Brown flour lightly, then add to mixture. Clean clams, cut in very small pieces, add with any clam liquor to mixture; add butter, cook ten minutes. Serve over crumbled crackers.

CLAM CHOWDER No. 2

1 qt. clams
1½ pints milk
3 cups diced potatoes
4 tablespoons butter
2 tablespoons flour
2 tablespoons chopped onion
6 crisp crackers
Salt and pepper

Drain clams, run through coarse meat grinder and put aside. Melt butter, stir in onion, then flour until light brown; add potatoes and clam liquor that was drained from clams (if not sufficient liquor to cover potatoes, add a little water). Season with salt and pepper; cook until potatoes are done, about twenty minutes. Heat milk, add to potatoes. Add clams, cook eight minutes. Add broken crackers when serving. Chowder should be highly seasoned, a little Worcestershire may be added if desired.

OYSTER CHOWDER

1 qt. large oysters
2 egg yolks
1 cup cooked rice
1 cup finely chopped celery
1 cup milk
1 cup hot water
Salt and pepper

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Drain oysters, remove small shell, make two alternate layers of celery, rice and oysters; season highly with salt and pepper, pour hot water over, cook slowly thirty minutes. Beat egg yolks slightly, add milk while stirring briskly; add to chowder, stir while boiling two minutes. Serve at once with toasted crackers.

CHILLED SOUPS

JELLIED TOMATO BOUILLON

2 lb. can tomatoes
1 tablespoon granulated gelatine
½ tablespoon minced onion
1 cup finely chopped celery
1 cup cold water

Soak gelatine in one-half cup cold water fifteen minutes. Cook tomatoes, celery, onion, water, salt and pepper together slowly until tomatoes are soft, about three-quarters hour; mash through fine sieve, extracting seeds. Reheat, then stir into soaked gelatine until dissolved. See that bouillon is well seasoned. Turn into small bouillon cups, place on ice until firm. Unmold and serve with a spoonful whipped cream on top of each portion.

Accompany with crackers or toasted bread sticks. Nice for summer luncheons.

CHILLED BLACKBERRY SOUP

2 qts. blackberries
1 qt. cold water
2 egg yolks
¾ cup sugar
1 tablespoon lemon juice
Small spice bag (cinnamon, allspice, nutmeg)
8 macaroons

Wash berries thoroughly, add cold water, lemon juice and spice bag. Cook steadily twenty minutes. Mash through fine sieve, extracting seeds. Beat egg yolks and sugar very light. Reheat berry juice, stir carefully into egg mixture until well mixed. Place in refrigerator until thoroughly chilled. Serve in cups over macaroons, or in thin glasses over cracked ice.

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CHAPTER VII

SOUP GARNISHINGS

One point to be observed in cooking noodles, dumplings and balls in soup, and that is an important one—The garnishing should be added to the soup after it has been strained, and has been reheated. It must be *boiling* when the noodles, dumplings or balls are dropped into it, and the soup should be served as soon as the garnishings are done and are light, as they become tough and soggy if left standing, or are cooked too long. When croutons or other fried garnishings are used, they should be added to the soup just as it is being served.

BREAD CROUTONS

Cut stale white bread in cubes. Heat very hot, sufficient butter or fat to cover the bottom of a frying pan. Add bread cubes, stir with a spoon until browned nicely (not black).

Bread cubes may be rolled in melted butter and browned in the oven instead of frying, if preferred.

Use for soups and other purposes.

SOUP STICKS

Remove crusts from stale white bread, butter the bread and cut in narrow strips. Brown nicely in oven. Serve with soups or salads.

NOODLES

1 egg
⅞ cup flour (about)
¼ teaspoon salt

Put flour and salt in a bowl, break egg in center, making a hole. Work flour into egg gradually, making a stiff dough. Knead (work) well, let stand on floured board fifteen minutes. Roll out as thin as possible in one or two sheets, let stand until dry, but not long enough to become brittle. Fold into a rather tight roll. Use a very sharp knife for cutting. If fine noodles are desired for soup, the strips must be almost shaved across to make them threadlike. If broad noodles are desired, the strips should be cut wider. After cutting noodles, toss them with the fingers to separate well and spread out to dry before using. Drop the fine strips in boiling soup ten minutes before serving.

When noodles are thoroughly dried, they may be kept a few days in covered jars.

PARSLEY NOODLES

¾ cup very finely minced parsley
1 egg
1 tablespoon butter
Cracker meal
Noodle dough
Salt

Heat butter, add parsley, stir until dry. Remove from fire, add beaten egg, and just enough cracker meal to prevent parsley from separating. Season with salt. Roll noodle dough in a large, very thin sheet, cut into two-inch squares. Put a bit of parsley in center of half the squares, cover with other squares, and press edges together to prevent parsley coming out. Put aside until ready for use. Drop in clear soup, boil steadily twenty minutes before serving. Raw chopped meat may be used instead of parsley if desired.

EGG BARLEY

Make noodle dough (page 40), having the dough a little stiffer than usual. Roll into a ball, let dry thoroughly, then grate until small grains are formed. Drop gradually in boiling soup. Cook ten minutes before serving.

SPONGE DROPS

1 egg
3 tablespoons flour (about)
½ teaspoon sugar
1 teaspoon baking powder
Pinch salt

Beat egg light, stir in flour gradually. Add sugar and salt. Sift in baking powder. Mix well. Batter should be light and spongy enough to drop easily from spoon. A bit more or less flour may be necessary, dependent on size of egg. Drop from tip of teaspoon in deep hot fat, browning nicely all over. Add to soup when serving.

BATTER BALLS

½ cup flour
¼ cup cold water
1 egg
½ teaspoon baking powder
¼ teaspoon sugar
¼ teaspoon salt
Good dash nutmeg

Beat egg, sugar and salt together light, add water gradually. Sift in flour and baking powder together. Add nutmeg. Drop by small teaspoonfuls in deep hot fat, basting fat over with a spoon to make balls puff.

Remove with a skimmer, add to soup when serving.

ALMOND DROPS

⅔ cup ground almonds
½ teaspoon sugar
2 egg whites
Pinch salt

Beat egg whites very stiff, add almonds and seasoning. Drop from tip of teaspoon in deep hot fat, until lightly browned; shake skillet while frying. Add to soup when serving.

EGG BALLS

2 hard-boiled eggs
3 teaspoons thick sweet cream
¼ teaspoon minced parsley
1 teaspoon cracker meal (about)
Grated nutmeg
Salt

Mash egg yolks through sieve, add cream gradually, stirring until smooth; add very finely chopped egg whites, cracker meal and seasoning. Use just enough cracker meal to keep balls together.

Shape into tiny balls, drop in clear soup or consomme, let boil five minutes before serving.

BOILED CRACKER DROPS

½ cup cracker meal
½ cup boiling soup stock (about)
1 egg
½ teaspoon salt
1 teaspoon sugar
Dash nutmeg

Pour boiling stock over cracker meal, mix well. Add well-beaten egg yolk and seasonings, fold in stiffly beaten egg white, mix well; drop by teaspoonfuls in boiling soup ten minutes before serving.

FRIED CRACKER DROPS

⅓ tablespoon cracker meal
½ cup (scant) boiling soup stock
1 teaspoon sugar
¼ teaspoon salt
1 egg
¼ teaspoon baking powder
Dash nutmeg

Scald cracker meal with soup stock, add well-beaten egg yolk, and seasonings. Sift in baking powder, fold in stiffly beaten egg white. Drop from tip of teaspoon in deep hot fat; shake skillet while frying light brown. Drop in clear soup when serving.

MARROW BALLS

1½ tablespoons marrow
1 egg
½ teaspoon sugar
Bread or cracker crumbs
Salt, pepper, nutmeg

Remove marrow from bones, chill in refrigerator. Cream until soft, add beaten egg and seasonings. Mix well. Add bread or

cracker crumbs (about three tablespoonfuls). Mixture should be just stiff enough to form balls.

Form into tiny marbles, drop in clear boiling soup stock fifteen minutes before serving.

MATZOS BALLS

2 whole matzos
2 eggs
1 teaspoon minced onion
2 tablespoons fat
1 tablespoon matzos meal
1 teaspoon minced parsley
Salt, pepper, ginger

Soak matzos in cold water until soft. Squeeze dry. Heat fat, add onion, fry light brown, add soaked matzos, stir until it will not stick to fryer. Remove from fire, add beaten eggs, seasonings and matzos meal. Mix well, let stand one hour to swell, then form into small balls. Drop in boiling soup fifteen minutes before serving.

MATZOS MEAL BALLS

⅓ cup matzos meal
½ teaspoon sugar
2 eggs
1 tablespoon melted fowl fat
¼ teaspoon salt
2 tablespoons soup stock or water
Dash nutmeg

Scald matzos meal with boiling soup stock or water, add eggs well beaten, add seasonings and melted fat. Batter should be thick enough to roll into balls, but not too stiff. Form into small balls, drop in boiling soup twenty minutes before serving. Do not cover vessel while cooking.

FARINA DUMPLINGS

1 cup milk
½ cup farina
2 eggs
1 tablespoon butter
1 saltspoon salt
Dash nutmeg

Heat milk and butter in double boiler; when boiling, stir in farina gradually; add salt. Cook until mixture is thick, stirring occasionally. Remove from fire, let cool. When cold, add well-beaten yolk and nutmeg. Fold in stiffly beaten egg whites. Drop from tip of spoon in boiling soup five minutes before serving; or chill a second time, and when mixture is stiff, form into small balls before cooking.

POTATO DUMPLINGS

3 medium size potatoes
1 teaspoon baking powder
2 eggs
Flour
Salt and nutmeg

Boil potatoes in jackets, drain, peel, then press through ricer. Add well-beaten eggs, season to taste. Add flour and baking powder together, using enough flour to keep mixture together, but do not make too stiff. Drop in clear boiling soup ten minutes before serving.

POTATO BALLS

3 medium potatoes
1 teaspoon baking powder
1 teaspoon minced parsley
2 eggs
Flour
Salt and pepper

Scrub, peel and grate potatoes, add well beaten eggs, parsley and seasoning. Add baking powder and enough flour to make stiff enough to form into small balls. Drop in boiling soup fifteen minutes.

LIGHT DUMPLINGS

½ cup flour
¼ cup cold water (about)
2 teaspoons baking powder
1 tablespoon butter
Salt

Mix butter and flour, add water gradually, mixing until smooth. Add salt and baking powder. Drop by teaspoonfuls in boiling soup stock fifteen minutes. Keep vessel covered while cooking. Dumplings should be light and float to top of soup if properly made.

DROP DUMPLINGS

½ cup flour
1 egg
1½ teaspoons baking powder
1½ teaspoons milk (about)
Salt
Nutmeg

Sift flour, add salt and baking powder, sift again. Beat egg light, add flour mixture gradually, add milk and nutmeg. Mixture should be light and drop easily from spoon. Drop by teaspoonfuls in boiling clear soup, cover closely. Cook fifteen minutes.

EGG CUSTARDS

2 egg yolks
3 tablespoons milk
Few grains salt

Beat egg yolks slightly, add salt and milk, mixing well. Pour into buttered custard cup, set in a pan of hot water in oven, bake until firm. Let cool, remove from cup, and cut in tiny squares or fancy shapes. Serve in clear consommé or bouillon.

CHAPTER VIII

ENTRÉES, LUNCHEON AND SUPPER DISHES

Entrées, strictly speaking, are served at dinner after the soup and before the next course, which usually consists of fish, meat or fowl. The object in serving an entrée at dinner, is to add an extra course so as to make the meal more elaborate; the main quality therefore should be an attractive appearance, as well as a delicious dish, in order to whet the appetite for the heavier course that is to follow.

Entrées are often served as the main meat dish at a simple dinner, or may be served with only a salad for a very satisfactory luncheon.

Many entrées may be used as Supper Dishes, and this is important as most housewives, especially in small cities where the main meal is served in the middle of the day, are constantly worried about what to have for supper.

CHEESE CROQUETTES

2¼ cups grated yellow cheese
3 egg whites
1½ tablespoons flour
⅓ teaspoon salt
Cracker meal
Dash cayenne pepper

Cheese should not be soft or it will not grate well. Grate and measure required quantity. Add salt, cayenne pepper and flour.

Whip egg whites to a dry stiff froth, stir into cheese mixture, until well mixed. Pinch off pieces of the mixture and shape into croquettes.

Roll over and over in fine cracker meal, until well coated. Let chill in refrigerator on flat platters well sprinkled with cracker meal, being careful not to let croquettes touch each other. Fry in deep, hot fat. Serve at once.

SALMON CUTLETS

1 cup flaked, canned salmon
1 cup hot mashed white potatoes
1 egg
Bread or cracker crumbs
Salt and pepper

Cream potatoes well, add flaked, canned salmon, after removing skin and bone. Mix well, add well-beaten egg, season with salt and pepper.

Shape into cakes or cutlet shape. Dip in egg, then in bread or

cracker crumbs. Fry brown on both sides in hot fat. Garnish with parsley sprigs.

Serve with hot tomato sauce.

LOBSTER CUTLETS

2 cups cooked lobster meat, or 1 can lobster
1 teaspoon lemon juice
1 cup white sauce
¼ teaspoon salt
⅛ teaspoon dry mustard
Dash cayenne pepper

Chop lobster meat, or remove skin from canned lobster. Add seasoning to white sauce, then stir in lobster. Turn on flat platter and place in refrigerator to stiffen. When ready to fry, take up by spoonfuls, roll in bread crumbs, then in egg, and crumbs again; flatten to look like cutlets. Fry in deep, hot fat until nicely browned. Garnish with small lobster claws.

OYSTER CUTLETS

1 pint oysters
1 cup milk
1 teaspoon lemon juice
2 tablespoons butter
3½ tablespoons flour
Bread or cracker crumbs
Salt and pepper

Scald oysters in their own liquor until edges curl, drain thoroughly and let cool, put on ice until cold and stiff; cut oysters in small pieces with sharp scissors, then place on ice again.

Melt butter in saucepan, stir in flour until yellow (not brown), then stir milk in gradually. Cook until very thick and perfectly smooth, stirring all the time; remove from fire, season well with salt, pepper and lemon juice. Turn on flat platter and put on ice until thoroughly cold and stiff.

When mixture is cold, stir in chopped drained oysters lightly, mix well, then drop by tablespoonfuls in grated bread crumbs, or shape in a cutlet form that has been greased and lined with grated bread crumbs.

Dip each cutlet with a spoon in eggs that have been slightly stirred (not beaten), then roll in crumbs again.

Cutlets may be prepared and put in refrigerator several hours before frying, if desired; care must be taken, however, that they do not touch each other.

When ready to serve, drop into a deep skillet, half full of smoking fat, brown quickly. (It is best to use a basket for frying.)

Drain on brown paper and serve at once. Garnish with lettuce leaves and slices of lemon.

LOBSTER FARCE

2 medium size lobsters
2 tablespoons butter
3 tablespoons flour
¼ teaspoon Worcestershire sauce
2 cups sweet cream
½ teaspoon salt
Good pinch white pepper
Bread crumbs

Cook lobster, pick meat from body and claws, and cut in two-inch pieces.

Melt butter in saucepan, stir in flour until bubbly, stir in cream gradually, stirring constantly until thick. Season to taste with salt, pepper and Worcestershire.

Remove from fire, add lobster, and place in refrigerator two or three hours to chill.

Put in individual ramekins or shells, or in pyrex or earthen baking dish. Sprinkle top with bread crumbs and bits of butter.

Bake in moderate oven fifteen to twenty minutes, browning top slightly.

CHICKEN CROQUETTES WITH MUSHROOM SAUCE

2 cups diced cooked chicken
2 tablespoons butter
1 cup milk
3 tablespoons flour
1 egg
1 teaspoon chopped parsley
⅛ teaspoon paprika
Cracker meal or bread crumbs
Salt and pepper

Melt butter in saucepan, stir in flour until bubbly, add milk gradually, stirring until smooth and thick. Season with salt, pepper, paprika, and parsley. Add chicken, stir until thick and smooth. Spread on a flat platter in refrigerator to chill. When cold, shape into croquettes; roll in cracker meal or bread crumbs, then in beaten egg, then in crumbs again. Fry in deep hot fat. Serve with the following sauce:

Mushroom Sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk
2 teaspoons lemon juice
½ cup cut up mushrooms
Salt, pepper, paprika

Melt butter, stir in flour until bubbly, add milk gradually, stir until thick, add mushrooms, salt, pepper, paprika, and lemon juice. Cook ten minutes.

Serve hot over croquettes.

LOBSTER A LA NEWBURG

1 two lb. boiled lobster or 1 lb. can lobster
3 egg yolks
3 tablespoons butter
3 tablespoons sherry
½ teaspoon salt
½ cup cream
Dash cayenne pepper

Melt butter, add lobster cut in one-inch pieces, let cook slowly three minutes. Add seasoning and wine, cook two minutes. Add cream to slightly beaten eggs, then add to lobster, and stir mixture until thickened. Remove from fire at once and serve in individual ramekins, on toast, or in pastry shells.

SHRIMP A LA NEWBURG

Prepare same as Lobster, using one pint cooked cut shrimp instead of lobster.

CHEESE SOUFFLE No. 1

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
1 cup grated yellow cheese
1 cup milk
3 eggs
Pinch white pepper
Dash cayenne

Melt butter, stir in flour until bubbly, stir in milk gradually until smooth and thick. Season well with salt, pepper, and cayenne. Add cheese, stir until dissolved, then stir in well-beaten egg yolks until smooth and thick. Remove at once from fire, set aside to cool. When cold, add very stiffly beaten egg whites.

Bake in well-greased baking dish or individual ramekins in a hot oven, twenty-five to thirty minutes. Serve at once or soufflé will fall.

CHEESE SOUFFLE No. 2

1 cup milk
1 cup crumbled bread
3 eggs
¼ lb. mild yellow cheese
2 tablespoons butter
¼ teaspoon salt
Dash white pepper

Use bread about one day old, remove crust, then crumble and measure required quantity.

Heat milk, add butter, and when melted, stir in bread, salt, and cheese. Stir until cheese is melted and mixture is smooth, then remove from fire and stir in the yolks of eggs well beaten.

When well mixed, fold in the stiffly beaten egg whites. Bake in a buttered baking dish or individual ramekins, in a quick oven. Time required, about fifteen minutes for the large dish, or ten minutes for the small ones.

Serve at once or soufflé will fall.

COTTAGE CHEESE SOUFFLE

1¼ lbs. cottage cheese
1 cup sugar
1 cup heavy cream (whipped)
¼ teaspoon salt
5 eggs
3 level tablespoons sifted flour
⅓ lemon rind (grated)
½ teaspoon vanilla

Press cheese through ricer or fine sieve. Beat egg yolks light, add sugar gradually, continuing to beat until grains do not show. Add cheese, mix well, then add whipped cream; add salt, vanilla, and lemon rind. Sift in flour, mix well, fold in stiffly beaten egg whites.

Put in buttered ring form, sprinkle top with a little sugar, cinnamon and rolled nuts mixed together. Bake in moderate oven about one hour, until "set" and nicely browned. Serve warm or cold as preferred.

SALMON SOUFFLE

1 lb. can salmon
¾ cup soaked bread
½ cup milk
2 eggs
1 tablespoon chopped celery
1 tablespoon melted butter
2 drops onion juice
Salt and pepper

Soak bread in cold water, squeeze dry, measure required quantity. Remove skin and bone from salmon, flake with a fork. Beat egg yolks light, stir in milk, add soaked bread, onion juice, salt, pepper, and celery, mix well; add salmon and butter, then fold in stiffly beaten egg whites.

Put in baking dish, bake in a moderate hot oven until nicely browned, about twenty-five to thirty minutes.

Serve at once or it will fall. Serve with green peas.

CRAB SOUFFLE

2 tablespoons butter
2 tablespoons flour
2 eggs
¼ teaspoon lemon juice
1 cup milk
2 cups crab meat
1 teaspoon minced onion
1 teaspoon catsup
¼ teaspoon Worcestershire sauce
Salt and pepper

Melt butter in saucepan, stir in flour until bubbly, gradually stir in milk and cook until thickened. Add catsup, Worcestershire, onion, crab meat, salt and pepper; let cook five minutes, then add lemon juice and well-beaten egg yolks, cook one minute longer. Remove from fire, add stiffly beaten egg whites.

Put mixture in ramekins, sprinkle melted butter and bread crumbs on top. Put ramekins in a pan of hot water, bake in a hot oven twenty minutes.

Serve with green peas.

ASTORIA DEVILED CRABS

½ lb. fresh crab meat
½ cup salad oil
½ cup finely chopped celery
2 tablespoons bread crumbs
1 tablespoon melted butter
¼ teaspoon paprika
1 lemon (juice)
1 egg yolk
4 hard-boiled eggs
Pinch pepper
Good pinch cayenne
Pinch dry mustard

Break egg yolk in bowl, add salt, pepper, cayenne, paprika, and mustard; stir just a moment to mix in with egg, then begin adding oil gradually while beating with a fork, egg whip, or Dover egg beater. When beginning to thicken, add lemon juice gradually. When thick enough to cut with a knife, mix in crab meat with a fork, add celery and hard-boiled eggs cut in pieces, and mix in bread crumbs and butter.

Fill crab shells with mixture, moisten tops with melted butter, sprinkle with rolled crisp corn flakes. Bake in quick oven twenty minutes. This recipe will fill seven large shells.

CRAB A LA WALDORF

4 slices freshly-toasted sandwich bread
4 fresh eggs, freshly poached
1½ cups fresh crab meat, or 1 medium size can crab meat

Toast bread until golden brown. Season crab meat with salt and pepper, then spread a layer, one-half inch thick, over each slice of toast. Put toast in oven to heat thoroughly.

Poach eggs firm but not hard. Lift eggs from water, place one on each slice of toast over crab meat.

Sprinkle with a little salt, and drop a small lump of butter on top. Garnish dish with crisp parsley and serve at once.

CREAMED CRAB MEAT

½ lb. fresh crab meat, or 1 can crab meat
1¼ cups thin cream or milk
½ teaspoon Worcestershire sauce
2 tablespoons butter
2 tablespoons flour
½ teaspoon lemon juice

Melt butter in saucepan, stir in flour until bubbly; add milk gradually, stirring until smooth and thickened. Add salt, pepper, and Worcestershire sauce. Add crab meat.

Cook slowly eight minutes, stirring carefully. Remove from fire, add lemon juice.

Serve at once in hot pastry shells or ramekins.

SALMON A LA TUTWEILER

1 round can red salmon steak
10 small white potatoes
1 teaspoon minced parsley
½ lemon (juice)
2 cups thick white sauce (hot)

Cover can of salmon with boiling water, let cook thirty minutes. Peel potatoes, cook in boiling water until tender, not broken, about twenty minutes, then drain.

Remove can from water, open and drain off liquor. Add one-quarter cup of the liquor to the white sauce, add also lemon juice and parsley; mix well.

Empty salmon whole from can in center of a pyrex pie plate or platter. Surround with potatoes. Pour sauce over all, place in a hot oven just long enough to heat thoroughly, about four minutes. Garnish with lengthwise cut slices of hard-boiled egg and sprigs of parsley. Serve very hot.

OYSTER PATTIES

1½ pints small oysters
1½ cups rich milk
2 egg yolks
3 tablespoons butter
4 tablespoons flour
1 teaspoon salt
¼ teaspoon white pepper
Patty Shells.

Melt butter, stir in flour until bubbly, add milk very gradually, stirring until perfectly smooth and thick. Season with salt and pepper.

Drain oysters, put in a pan on hot fire just long enough for edges to curl, then drain again.

Stir oysters into thick sauce just before filling patties, as it will become thin if left standing. Just before removing from fire, stir in well-beaten egg yolks.

Fill heated patty shells with mixture and serve at once.

CHICKEN PATTIES WITH MUSHROOMS

1½ cup cooked white meat of chicken
1 small can mushrooms
1 cup milk
1 cup cream
1 teaspoon chopped parsley
2 egg yolks
3 tablespoons butter
4 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
½ teaspoon Worcestershire sauce

Boil a hen until tender, drain, then cut meat in small pieces (white meat is best). Melt butter, stir in flour until bubbly, then add milk and cream gradually while stirring. Add mushrooms, chicken, and seasoning. Cook in double boiler until thickened. Just before re-

moving from fire, stir in well-beaten egg yolks. Fill into heated patty shells just before serving.

SWEET BREAD PATTIES

Prepare and bake one dozen Patty Shells. Just before serving, fill heated patties with following:

Filling

2½ sets cooked sweet breads
1 tablespoon butter
1½ tablespoons flour
1 cup cream
1 teaspoon minced parsley
½ teaspoon salt
Dash paprika
Dash pepper

Clean and cook sweet breads tender, drain and chop in small pieces. Scald cream; rub butter and flour together smooth, then stir into cream; add seasoning. Cook five minutes, then add sweet breads; cook ten minutes until thickened.

SHRIMP WIGGLE PATTIES

2 cups cooked shrimp
⅓ cup butter
½ teaspoon salt. 1 cup milk
1 can tiny green peas
¼ cup flour
⅛ teaspoon pepper

Melt butter in saucepan, stir in flour until bubbly, stir in milk until thickened, add seasoning; when sauce is thick, add shrimp cut in pieces, and peas well drained. Fill mixture into hot patty shells and serve at once.

CHICKEN TIMBALES

1 cup finely-chopped chicken meat
½ cup milk
1 teaspoon minced parsley
2 eggs
2 tablespoons bread crumbs
1 tablespoon lemon juice
Salt
Pepper

Mix all ingredients, except eggs. Season well with salt and pepper. Cook slowly until mixture is thickened, stirring often. Let mixture cool, then stir in eggs well beaten. Bake in well-buttered timbale molds, until set and puffed. Unmold and serve with Cream Sauce (page 159).

CHEESE TIMBALES

1 pint milk
½ cup grated yellow cheese
4 eggs
Bit cayenne
Pinch salt
Dash paprika

Beat eggs in a bowl just long enough to break up. Stir in milk gradually. Add salt, pepper, and paprika, then stir in cheese. Mix

and pour into well-buttered timbale molds. Set in pan of hot water in a good moderate oven. Do not let water in pan boil. Cook about twenty minutes, or until custard is well "set". Can be tested by center; if knife comes out clean, timbales are done.

Serve with Tomato Sauce (page 160) or White Sauce (page 159).

TOMATO TIMBALES

1½ cups canned tomatoes
½ teaspoon sugar
¼ teaspoon salt
1½ tablespoons flour
1 tablespoon cold water
2 eggs
2 slices onion
Dash pepper
Dash paprika

Boil the tomatoes (with liquor from can making required quantity), onion, sugar, salt, pepper and paprika together very slowly ten minutes. Mash through fine sieve to remove seeds; set back on fire, let come to a boil, add flour dissolved smooth in water. Stir while simmering until thickened.

Remove from fire, let cool.

Beat eggs very light, add to tomato mixture. Fill small buttered timbale molds, set in pan of hot water and bake until firm as custard, about twenty minutes.

Garnish with sprigs of parsley. Serve at once or timbales will fall.

FISH TIMBALES OR RING

¾ lb. raw fish, or 1 lb. cooked fish
½ small onion
1 kitchenspoon melted butter
1 cup milk
1 cup crumbled white bread
3 eggs
Salt and pepper

Soak bread in milk. Grind fish, bread and onion through meat grinder. Mix well together, add salt and pepper to taste, then add well-beaten egg yolks. Just before putting in oven, add stiffly beaten egg whites. Mix well, put in timbale molds or ring mold, set in pan of hot water. Bake in hot oven about three-quarters hour.

Serve at once on platter, and pour following sauce in center of ring, or serve sauce with timbales.

Sauce

1 rounding tablespoon butter
1 rounding tablespoon flour
1 tablespoon lemon juice
1 cup soup stock, or water
2 egg yolks
Salt and pepper
Nutmeg

Melt butter in saucepan, stir in flour until bubbly, add soup stock or water gradually, stir until thickened (not too thick). Stir in

lemon juice, salt, pepper, and a tiny bit of nutmeg. Stir well-beaten egg yolks into mixture just before removing from stove or sauce may curdle. Keep warm until ready to serve.

FISH IN SHELLS

2 cups cooked fish (flaked)
¾ cup dry bread crumbs
1 cup white sauce
1 clove
1 slice onion
1 sprig parsley
1 bay leaf

Boil fish (red snapper preferably) in salted water to which clove, bay leaf, and parsley have been added. When done, remove skin and bone and flake fish. Measure two cups. Put alternate layers of fish and white sauce in buttered shells, cover with bread crumbs, drop butter on in bits. Brown in hot oven fifteen minutes.

White Sauce

1 cup milk
1 tablespoon butter
1 tablespoon flour
Salt and pepper

Melt butter, stir in flour until smooth, then stir in milk gradually, until smooth and thickened. Add seasoning.

SEA FOOD TETRAZZINI

Box spaghetti (⅞ lb.)
2 chopped pimentos
1 cup rich white sauce
3 eggs
Salt and pepper

Cook spaghetti in boiling salted water twenty minutes. Drain in colander, let cold water run over and drain again. Beat egg yolks light, add to white sauce, add spaghetti, pimentos and seasoning, then fold in stiffly beaten whites of eggs.

Turn into well-greased ring mold. Bake in a pan of hot water in a moderate oven, twenty to twenty-five minutes. When done, turn on a fancy platter and fill center with following:

Fish Food Sauce

1 boiled lobster
⅓ lb. scallops or shrimp
4 tablespoons butter
3 tablespoons flour
¼ lb. fresh crab meat
1½ tablespoons lemon juice
1½ cups milk
2 pimentos
Salt and pepper

Remove meat from lobster, cut in large pieces. Melt butter, add lobster, scallops and crab meat. Cook ten minutes, stirring often. Add flour dissolved in a little of the milk, then stir in milk gradually,

set in double boiler and stir occasionally. When beginning to thicken, add lemon juice and season highly with salt and pepper.

JELLIED VEAL

2½ lbs. lean veal
1 veal bone
1 teaspoon celery seed
3 crackers (rolled)
1 tablespoon lemon juice
1 tablespoon minced green pepper
Salt and pepper

Cover meat and bone with cold water, let boil steadily and slowly until meat is perfectly tender. Drain and run meat through grinder. Continue cooking liquid down to two cups. Add rolled crackers to ground meat, add lemon juice, celery seed, green pepper, salt and pepper to season well. Mix well, add hot liquid. Put in rinsed mold; place on ice to congeal, four to five hours or longer.

Serve on lettuce leaves with mayonnaise. Garnish with slices of hard-boiled egg.

CREOLE EGGS ON TOAST

6 hard-boiled eggs (cut in large dice)
1 cup concentrated tomato soup
1½ cup boiling water
½ cup finely cut celery
2 tablespoons butter
2 tablespoons flour
1 tablespoon finely-chopped onion
1 tablespoon finely-chopped pepper
1 tablespoon finely-chopped parsley
Salt and pepper

Melt butter, add onion, brown lightly, add flour, stir until lightly browned. Stir in soup gradually, and when beginning to cook, stir in water until beginning to thicken. Add pepper, celery and parsley. Season with salt and pepper. Add eggs, and remove at once from fire.

Pour over freshly toasted bread slices.

This quantity will serve eight or ten portions.

EGGS A LA KING

6 hard-boiled eggs
½ cup cut up mushrooms
1 cup thin cream
2 tablespoons butter
2 tablespoons flour
1 teaspoon minced green pepper
¼ teaspoon salt
8 slices toast
Pinch pepper
Dash paprika

Cut eggs in small pieces. Melt butter in saucepan, when hot add peppers, stir three minutes, add flour, stir until well mixed, then gradually stir in cream until smooth. Season with salt, pepper and paprika. Add mushrooms, simmer slowly five minutes.

Mix in eggs very gently so as not to break them. Remove from fire and serve at once on slices of hot buttered toast.

CLARENDON EGGS

6 eggs
2 tablespoons butter
2 tablespoons sifted flour
1 large egg plant
1 cup milk
Salt and pepper

Secure a large egg plant, peel, cut in one-quarter inch thick slices. Cover with salted water one hour.

Secure fresh eggs that will open without breaking yolks. Grease with fresh butter as many timbale cups as there are eggs, allowing one egg for each individual to be served. Open one egg into each cup; set the cups in pan of hot water, then place in moderately hot oven until perfectly set, but not *too* hard.

In the meantime, melt butter in saucepan, stir in flour until bubbly, stir in milk gradually until thick and smooth. Season with salt and pepper and keep sauce hot until ready to serve.

Just before serving time, drain egg plant slices from water, dry thoroughly with a clean cloth, then drop into deep hot fat. The pieces should brown *at once*. Remove immediately from fat. There should be as many slices of egg plant as eggs.

Place one egg on top of each slice of egg plant, then pour hot sauce over all. Serve at once very hot.

Nice for entrée, also for luncheon or supper.

BRUNSWICK EGGS

Egg plant
Eggs (as many as desired)
Salt and pepper
Yellow cheese (grated)
Cracker meal

Secure a medium size or large egg plant, peel and slice in round slices about one-quarter inch thick. Cover with cold salted water thirty minutes to crisp, then drain and dry with clean towel.

Dip slices first in beaten egg, then in cracker meal seasoned with salt and pepper, then immerse in deep hot fat just long enough to brown lightly. Remove with a skimmer and place in a large buttered pan or baking dish.

Have ready as many poached eggs as there are slices of egg plant. Place one egg on each slice of egg plant, dust with a little salt, and sprinkle one teaspoon grated cheese on top of each egg. Put in moderate oven just long enough to melt cheese. Serve at once.

TOMATOES WITH SPAGHETTI

Cut tops from as many sound, ripe large tomatoes as there are individuals to be served. Scoop out insides carefully so as not to break shells.

Cook sufficient fine spaghetti in boiling salted water twenty minutes to make three cups after it is cooked.

When done, drain, add one finely chopped green pepper, two teaspoons Worcestershire sauce, salt to taste. Fill each tomato full of the spaghetti mixture, put a big lump of fresh butter, then a slice of fresh American cream cheese on top of each tomato. Bake twenty minutes in a fairly hot oven.

Serve hot on a crisp lettuce leaf.

GREEN PEPPERS WITH SPAGHETTI

Secure large sweet green peppers, cut in half lengthwise, remove seeds and veins, then soak in cold salt water one hour.

Cook fine spaghetti in boiling salt water twenty minutes, then prepare, and fill peppers same as tomatoes.

STUFFED PEPPERS WITH CRAB MEAT

8 large green peppers
2 tablespoons butter
2 tablespoons flour
½ lb. fresh crab meat
1 cup sweet cream
Bread crumbs
Salt and pepper

Melt butter, stir in flour until bubbly, stir in cream gradually until mixture begins to thicken. Add crab meat and seasoning and cook five minutes. Remove from fire, place on ice two hours.

Cut tops from peppers, remove seeds and veins carefully so as not to break shells. Soak in cold water one hour. Drain and dry thoroughly. Fill with crab mixture, sprinkle with bread crumbs and bits of butter. Bake in hot oven fifteen to twenty minutes. Serve on lettuce leaves, with green peas.

TOMATOES WITH DEVILED HAM

8 large firm tomatoes
1 large can deviled ham
2 tablespoons melted butter
4 rolled crackers
Salt and pepper
Bread crumbs

Cut tops from tomatoes, scoop out insides carefully so as not to break shells. Mash ham smooth, adding butter, crackers, salt, and pepper if necessary. Chop the tomato centers, drain and add to ham.

Fill tomato shells with mixture, sprinkle with bread crumbs and bits of butter. Bake in hot oven about fifteen minutes, browning lightly.

TOMATO TRIFLE

Cut the round stem top from as many sound, large, ripe tomatoes as desired. Scoop out inside of each carefully so as not to break shell. Sprinkle inside with salt and pepper.

Fry soft some chicken, turkey, or duck livers, mash smoothly with a little butter, pepper and salt. Fill each tomato shell to the depth of one inch with this mixture.

Break a fresh raw egg into each, season with salt and pepper and a little melted butter.

Place tomatoes in a pan and bake in hot oven until eggs are set. Garnish with crisp lettuce leaves.

EGG AU GRATIN IN TOMATO

Secure large, firm, ripe tomatoes of uniform size. Wash and dry, then cut a slice from stem end of each one. Scoop out inside, being careful to leave a shell thick enough not to break.

Sprinkle inside of shells lightly with salt and pepper. Have ready as many large, crisp slices of breakfast bacon as there are tomatoes.

Crumble bacon in bottom of each tomato, then break in a whole fresh egg. Season with a little salt and pepper. Drop a teaspoon of grated cheese over each egg. Put in pan or baking dish and cook just long enough to "set" egg.

SALMON WIGGLE

1 large can salmon
2 tablespoons melted butter
1 cup cooked, fresh or canned, peas
½ cup mayonnaise
½ cup sweet cream
Salt, pepper, cayenne

Remove bone and liquid from salmon. Melt butter in saucepan, toss the peas in it for about four minutes, then add hot peas to salmon, and mix in mayonnaise, cream and seasoning. Mix well, put in buttered baking dish.

Bake in moderate oven about twenty-five minutes. Serve hot.

RINKTUM DITTY

1 rounding tablespoon butter
1 rounding tablespoon flour
⅓ lb. yellow cheese
1 cup canned tomato soup
Toast slices
Salt and pepper

Melt butter in saucepan, but do not brown; stir in flour until perfectly smooth, then add soup gradually, and when thoroughly heated, add cheese cut in tiny pieces. Stir until cheese is melted and mixture is thick. Season well with salt and pepper.

Serve hot on freshly toasted bread slices.

GIBLET AND LIVER CANAPE

2 tablespoons butter
2 tablespoons flour
1 cup rich milk
1 tablespoon minced celery
1 teaspoon minced parsley
4 chicken giblets
4 chicken livers
¼ teaspoon Worcestershire sauce
6 round buns
Salt and pepper

Boil giblets and liver until perfectly tender in a little salted water, drain and cut in tiny dice pieces.

Melt butter until yellow, add flour, stir until smooth and bubbly, then stir in milk until beginning to thicken. Season with salt and pepper, add celery, parsley and Worcestershire sauce. Stir until thickened and smooth, then add cut-up giblets and livers. Keep hot.

Secure round buns (from bakery), cut off a round top from each, scoop out inside, then toast bottoms and tops until golden brown inside and out. Fill hot toasted buns with hot mixture. Serve at once. Any fowl livers and giblets may be used.

MEAT RAVIOLI

2 cups ground cooked meat or fowl
1 egg
3 tablespoons melted butter
1 tablespoon sweet cream
1½ tablespoons rolled pecan meats
1 tablespoon cracker meal
¼ cup tender celery
1 sprig parsley
¾ teaspoon salt
Good dash paprika
Dash pepper

Left-over meat, chicken, or turkey will be nice for this purpose. Grind meat, celery and parsley through meat grinder, add melted butter, well-beaten egg, and mix well. Add salt, pepper, paprika, nuts, cream and cracker meal. Mix thoroughly.

Make a noodle dough of one egg and about seven-eighths cup sifted flour, not quite so stiff as for Soup Noodles. Roll very thin on floured biscuit board.

Cut in round pieces with top of a one-pound baking powder tin. Place a good teaspoon meat mixture in center of half the "rounds," then cover with the other half, brushing around edge of bottom piece with cold water. Fold edges over and pinch together tightly.

Drop in boiling salted water and *boil,* covered, for ten minutes. Serve at once with hot creole sauce.

OYSTERS AU GRATIN

1 qt. oysters
1 cup canned mushrooms (cut in small pieces)
1 cup rolled bread crumbs
½ cup chopped celery
1 teaspoon Worcestershire sauce
1½ teaspoons salt
1 tablespoon catsup
3 tablespoons melted butter
1 tablespoon chopped green pepper
1 tablespoon lemon juice

Drain oysters, put them in saucepan on fire. As soon as they begin to boil up, remove from fire and drain again through sieve. Add mushrooms, celery, pepper, salt, Worcestershire, catsup and pepper. Mix well, then add melted butter, lemon juice and bread crumbs.

Mix well, put in casserole or individual ramekins. Sprinkle one-quarter cup bread crumbs and bits of butter on top. Bake in hot oven until nicely browned, about twenty minutes. Serve at once.

OYSTER POULLET

1 pint oysters
2 tablespoons butter
3 tablespoons sifted flour
1 tablespoon lemon juice
1 tablespoon sherry wine, or
1 teaspoon Worcestershire sauce
1 cup canned mushrooms (cut in small pieces)
2 egg yolks
½ cup oyster liquor
½ cup mushroom liquor
Salt and pepper

Drain liquor from oysters, put them in saucepan and let come to boiling point (do not cook). Drain again in colander, saving the liquor.

Melt butter in saucepan (do not brown), add mushrooms and cook slowly for five minutes. Stir in flour until bubbly, then stir in oyster liquor and mushroom liquor gradually, until mixture is smooth. Season well with salt and pepper. Add lemon juice. Add sherry wine or Worcestershire sauce. Add oysters and well-beaten egg yolks, stir until mixed, then remove from fire at once.

Serve immediately on hot toast, or in individual ramekins. Garnish with sprigs of parsley and lemon slices.

CRABS A LA CREOLE

Secure live crabs. Cook twenty-five minutes in boiling water to which one-quarter cup salt, one-half teaspoon pepper and a dash cayenne have been added. Remove from water, wash thoroughly and pick meat from shells, being careful to discard the "dead man" (fingers) under each side. Put meat aside until ready for use.

Crab meat may be used instead of crabs.

Make sauce as follows:

1½ tablespoons butter
2 tablespoons flour
1 tablespoon catsup
1 teaspoon Worcestershire sauce
1 teaspoon minced green pepper
½ small minced onion
¾ cup canned tomatoes
1½ cups cold water
Tiny piece garlic

Melt butter in saucepan, add onion and garlic; when yellow, stir in flour until lightly browned. Add tomatoes, Worcestershire, catsup, green pepper, and water. Season with salt and pepper. Cook until thickened, then add crab meat and let cook up once or twice.

Serve in casserole, or on fresh pieces of toast.

CRAB CANAPE

1 doz. live hard shell crabs, or 1 pint crab meat
1 cup rich milk
¾ cup grated yellow cheese
2 tablespoons butter
2 tablespoons sifted flour
1½ tablespoons finely-chopped onion
Salt and pepper

Boil crabs twenty minutes in boiling water seasoned with salt and cayenne pepper. Remove from water. Remove hard shell and pick out all white meat from body and claws. Season with salt and white pepper.

Melt butter in saucepan, add onion, stir until yellow, add flour, stir until bubbly, then gradually add milk and stir until smooth and thickened. Add cheese, stir just long enough to melt. Season with salt and pepper.

Remove from fire, stir in crab meat, turn into a baking dish or casserole, or in individual ramekins.

Sprinkle buttered bread crumbs on top and bake in good moderate oven about twenty minutes, browning nicely on top.

COTTAGE CHEESE

Let sweet milk stand in crocks or bowls until thick or clabbered; pour into fine sieve or cheesecloth bag, or cheese form, and let whey drip out. The curd remaining in sieve or bag will be custard like. Chill, and serve with rich cream poured over. Sugar or salt may be served with cheese as preferred.

BUTTER MILK COTTAGE CHEESE

Put butter milk aside in bowl or pitcher without disturbing. Let stand in warm place (not hot) until thick, like clabber. Empty into

bag or mold and drip like curd from sweet milk. Mix smooth with cream and pour sour cream on top. May be served with either sugar or salt as preferred.

Curd dripped in a cold place or refrigerator will be smoother and more creamy than when dripped in a warm place.

Butter milk makes smoother curd than sweet milk.

EGGS AND CHEESE

Sprinkle a layer of bread crumbs in bottom of a baking dish or casserole, break as many fresh whole eggs over crumbs as required. Be careful not to break yolks.

Sprinkle a layer of grated yellow cheese over eggs, then add salt, pepper and bits of butter to season.

Pour one cup milk or cream over all. Bake in moderate oven until eggs are set and top is lightly browned.

SPANISH EGGS

Boil eggs hard, remove shells, cut in halves lengthwise. Remove yolks and mash fine; add half as much minced sardines as egg (first removing skin and bone), or substitute ground ham.

Season to taste with salt, pepper, dry mustard and lemon juice. Moisten with melted butter, and press mixture back into each half white.

Fasten each two halves together to make whole eggs; dip in beaten egg, roll in bread or cracker crumbs, then fry quickly in deep hot fat.

Serve eggs on toast with following sauce poured over:

Tomato Sauce

Melt two tablespoons butter, then stir in two tablespoons flour until bubbly, stir in one cup strained, canned tomatoes, boil a few minutes, add small pinch soda, stir in one-half cup rich milk until smooth and thick. Season with salt and pepper, and a little onion juice if desired.

ALABAMA EGGS

5 hard-boiled eggs
3 tablespoons grated cheese
2 tablespoons cream
1 tablespoon butter
2 tablespoons bread crumbs
Paprika, salt, pepper

Cut eggs, when cold, into round slices, place in small baking dish; sprinkle with a little salt, pepper and paprika. Sprinkle cheese over, then bread crumbs that have been rolled in the butter. Pour cream

over all. Bake in moderate oven until nicely browned, about fifteen minutes.

EGGS AU GRATIN

1 cup rich milk, or 1 cup thin cream
2 tablespoons grated cheese
5 hard-boiled eggs
2 tablespoons butter
2 tablespoons flour
Salt and pepper

Melt butter in saucepan, stir in flour until blended, stir in milk gradually, stirring until smooth and thick; season with salt and pepper. Add cheese to the sauce and let melt.

Slice eggs in quarters lengthwise, stand each four quarters in individual ramekins. Pour cream sauce over eggs, sprinkle bread crumbs, then bits of butter over top.

Bake in hot oven just long enough to brown top nicely.

MUFFIN EGGS

As many fresh eggs as individuals
As many thin slices of broad breakfast bacon as eggs

Use plain round muffin rings. Make a circle of bacon inside each muffin ring, leaving center clear. Drop a bit of butter in bottom of each ring. Break one egg in center, and be sure the egg remains whole. Sprinkle a bit of salt over egg, then place rings in hot oven or under gas flame long enough to set egg thoroughly and crisp the bacon, about ten minutes.

When done, lift out bacon and egg together. They should hold shape of muffin ring.

May be served plain or with mushroom sauce.

EGGS SAMUEL BUTLER

Toast as many slices of bread as portions to be served. Broil as many slices of breakfast bacon as toast. Poach an equal number of eggs to the firm (not hard) stage.

Place a slice of bacon on each piece of toast, on bacon place an egg, then surround with a wreath of small cooked mushrooms. Top with a few thin strips of pimento (sweet red pepper).

Serve with quick tomato sauce to which a spoonful heavy cream has been added.

ASPARAGUS WITH EGGS

1½ cups rich cream sauce
1 can asparagus tips
Eggs
Fresh toast (as many pieces as eggs)

Make a rich Cream Sauce (page 159), keep hot.

Heat asparagus tips.

Cut slices of bread round with a large biscuit cutter, toast evenly on both sides.

Poach eggs, not too hard, in boiling water to which salt and teaspoon vinegar has been added.

Put heated, drained asparagus tips in center of flat platter. Place the hot toast in circle around asparagus, place one poached egg on each piece of toast.

Pour some of the hot cream sauce over asparagus tips, and balance over top of eggs. Serve at once.

ASPARAGUS CREAM LOAF

1 can asparagus tips
1 cup hot cream sauce (page 159)
7 or 8 long baker's rolls
¼ cup melted butter

Cut off top of rolls and scoop out insides carefully, leaving a shell or boat. Brush inside of shells and tops with melted butter and toast lightly in oven.

Drain and heat asparagus, then arrange lengthwise in the hot shells, put a spoonful hot cream sauce over asparagus, and cover with roll tops. Serve at once.

Rolls may be prepared same as above and filled with creamed oysters instead of asparagus.

CREAMED CELERY AND EGGS

2 cups cut celery
1½ cups milk
4 hard boiled eggs
2 tablespoons butter
2 tablespoons flour
Pepper and salt
Paprika

The larger outer stalks of celery may be used. Clean thoroughly, cut in two or three-inch lengths; cover with cold water one hour to crisp. Drain and cook in slightly salted water until tender; drain off water and put one-half cup of it aside.

Melt butter, stir in flour until bubbly, add milk, stirring until thick, then stir in one-half cup water in which celery was cooked, then add seasoning. Stir until thickened.

Cut eggs in pieces.

Arrange two alternate layers of celery and egg in baking dish. Cover with sauce, sprinkle bread or cracker crumbs over, and drop on bits of butter.

Bake in moderate oven about twenty minutes, browning nicely on top.

DENVER TASTY

6 slices toast (buttered)
6 large, thick tomato slices
6 slices crisp bacon
6 cold poached eggs
2 tablespoons caviar
1 cup mayonnaise

Have all ingredients chilled. When ready to serve, place toast on individual plates, cover with tomato slice, then bacon, then an egg in center. Mix caviar and mayonnaise together, cover egg with same, and garnish plate with crisp lettuce.

PIGS IN BLANKETS

Drain from liquor and wipe dry, as many *large* oysters as are required. Season with salt and pepper.

Cut fat breakfast bacon in very thin, wide strips. Wrap a slice of bacon around each oyster and fasten with a wooden toothpick. Proceed in like manner until all the oysters are wrapped in bacon.

Put in a very hot fryer, shake pan occasionally, and cook just long enough to crisp the bacon.

Serve the "little pigs" on slices of hot, buttered toast, garnished with sprigs of crisp parsley and thin slices of lemon.

GRILLED SARDINES

1 can large sardines
4 slices hot buttered toast
2 hard-boiled eggs
Chopped parsley

Separate the sardines, lay on a hot griddle or frying pan; when lightly browned on one side, turn carefully with a spatula and brown on other side. Serve on hot toast; garnish with slices of egg and parsley.

JELLIED CHICKEN

Cover a four-pound hen with two quarts cold water, add one slice onion, one bay leaf, three blades celery, one tablespoon salt, and one-eighth teaspoon pepper. Bring to boiling point quickly, then cook slowly until meat is very tender.

Remove fowl from stock, cut meat from bones and chop fine. Continue cooking stock until reduced to one and one-half cups after straining and removing fat.

Dissolve one tablespoon gelatine in one-quarter cup cold water, pour the boiling chicken stock over, stirring until dissolved; add one tablespoon lemon juice, a dash of paprika, and salt and pepper if necessary.

Butter a mold, then arrange alternate layers of chicken, sliced

chopped olives and sliced hard-boiled egg in it. Press down tightly and solidly. Pour prepared stock over and around chicken, place in refrigerator five to six hours until perfectly firm. Cut into slices when serving. Serve on lettuce with mayonnaise dressing.

TUNA MOLD

1¼ cups canned Tuna Fish
½ cup mayonnaise
1 tablespoon chopped stuffed olives
1 tablespoon chopped celery
1 tablespoon lemon juice
1 green pepper (chopped)
1 pimento (chopped)
¼ teaspoon salt
¼ teaspoon paprika

Flake fish, add all ingredients, mix lightly together with a fork. Pack and press tightly in a rinsed mold. Place on ice three to four hours until firm. Serve with mayonnaise.

TOMATO CUPS IN JELLY

1 pkg. lemon jello
1 pint boiling water
1 tablespoon mayonnaise
3 tablespoons chopped cooked ham
2 tablespoons chopped celery
6 firm ripe tomatoes
2 teaspoons lemon juice
1 tablespoon chopped olives
⅛ teaspoon paprika
Salt and pepper

Select large uniform tomatoes, cut off tops and scoop out centers carefully so as not to break shells. Chill.

Pour boiling water over jello, stir, add lemon juice, then strain half of it into a small rinsed oblong or square mold; set on ice to begin to "set."

Drain and chop tomato centers, add all other ingredients, season well and mix in mayonnaise. Fill tomato cups with mixture, place open side down on top of jello in mold when set, then pour balance of cold liquid jello over, and place on ice until firm. Unmold on lettuce bed and serve with mayonnaise.

Individual molds may be used if preferred.

CHAPTER IX

FISH

Fish should form an important part of the diet. It is somewhat less nourishing and stimulating than meat, but is a good substitute; and with the exception of the smoked and oily kinds, is easily digested.

Fish should always be secured fresh, and eaten in its season. Various kinds of fish are found in different seasons of the year and in different parts of the country.

TO TEST FISH FOR FRESHNESS, examine the flesh; it should be firm to the touch, gills will be bright pink and the eyes clear. There should be no odor except a fishy one. If the flesh is soft, the fish should be discarded.

Frozen fish, if used, should be soaked in cold water to thaw, then wiped dry and cooked at once.

TO CLEAN A FISH. Fish usually comes cleaned from the market, but requires extra cleaning. Lay fish on clean paper or in a dishpan, hold by the tail, then with a sharp knife held slantingly, scrape off the scales from tail towards the head, occasionally wiping scales from both fish and knife. In this way, the scales will not scatter about. Wipe fish dry with clean, damp cloth, season (if called for) and put in refrigerator until ready to prepare.

Fish should always be tightly covered before placing in refrigerator as the odor penetrates other foods.

TO SKIN A FISH. Lay fish on a flat board. With a sharp knife cut off fins close to the body on both sides. Cut off head if desired. With the point of a sharp knife, loosen skin from flesh carefully, allowing knife to closely follow skin. Catch hold of the skin with the left hand and pull off towards tail. Treat other side same way until all skin is removed.

TO OPEN A FISH. Pass a sharp knife down one side, close to the backbone, cutting carefully from the tail to the head until the entrails are reached. Remove entrails carefully, scrape and wipe blood from backbone.

TO BONE A FISH. Clean fish first. Begin at tail and run a sharp knife under the fish close to backbone, making as clean a cut as possible, following the bone the entire length. When loosened on one side, turn fish and loosen on other side. Remove large bone, then pick out small ones with the fingers.

TO FILLET FISH. Fish that is free from both skin and bone is called fillet. First clean, skin and bone the fish. Cut in pieces of required size. Fillet may be cooked in slices, or when pieces are thin, may be rolled before cooking. Fillets are generally fried, but occasionally broiled, boiled, or baked.

Fish Suitable For	Boiling	Broiling	Baking	Frying
Red Snapper	×		×	×
Salmon		×	×	
Brook Trout				×
Black Bass				×
Pike			×	×
Blue Fish		×	×	
Halibut	×	×	×	×
Trout	×	×	×	×
Butterfish				×
Pompano		×	×	
Whitefish	×	×	×	×
Finnan Haddie			×	
Shad		×	×	
Perch				×
Brim				×
Flounder Fillet		×		×
Fresh Cod		×		×
Fresh Mackerel		×		×
Haddock	×			
Shad Roe		×		×

BOILED TROUT OR OTHER FISH

Small fish should be boiled whole. Large fish are cut in thick pieces for boiling. A long fish kettle containing a rack on which to place fish is convenient, but any large pan may be used, and a small rack may be placed in the bottom of the pan. If the fish is cut in pieces, it is best to tie it in cheesecloth or in a bag while boiling.

Fish should be boiled in enough water to cover. Salt, lemon juice or vinegar should be added to give flavor. Any other ingredients may be added to the water as preferred. Time required for boiling fish is about ten minutes to the pound. The fish is done when the flesh leaves the bone no matter how long it takes.

BOILED HALIBUT

2 or 3 lbs. fresh halibut
½ lemon (juice)
2 celery branches
½ onion
Boiling water
Salt and pepper

Clean and boil fish as for Plain Boiled Fish, adding above ingredients. Cook until thoroughly done, remove to hot platter, garnish with slices of hard-boiled egg, lemon slices and parsley. Serve with Egg Sauce (page 160).

BOILED FISH WITH MAYONNAISE

Secure any preferred fish, coarse meat fish is best. Boil whole, or cut in pieces as preferred. If whole fish is used, it will be best to put it in a cheesecloth bag or tie in napkin to prevent breaking.

Add boiling water to cover fish, add three slices of lemon, a few slices onion and celery, season with salt, pepper and cayenne. Cover vessel until water boils, then remove top and cook fish until done, thirty to forty-five minutes, dependent on size. Drain off all water. Put in refrigerator until ready to serve.

Garnish dish with crisp lettuce, slices of lemon, radishes, and sprigs of parsley. Before serving cover fish with following

Sauce

Mix one cup Cooked Salad Dressing (page 276) or mayonnaise with one-half cup whipped cream.

BOILED RED SNAPPER WITH HOLLANDAISE SAUCE

Boil fish as usual until thoroughly done, adding one bay leaf, two cloves, onion, celery, two slices lemon, and seasoning to water. When done, turn on platter, garnish with lemon slices and parsley. Serve with following

Sauce

1 cup water in which fish was cooked
1 tablespoon flour
1 tablespoon butter
2 egg yolks
1½ tablespoons lemon juice
Salt and pepper

Melt butter, stir in flour until blended, add fish liquor gradually, stirring until thickened, add lemon juice and seasoning. Stir in well beaten egg yolks until sauce is thick; remove at once from fire.

BOILED FISH WITH EGG SAUCE

Select any coarse grained fish, red snapper, salmon, flounder, and so forth. Clean and boil whole (if possible) as usual in well-seasoned water until thoroughly done. Drain and serve on hot platter, with Egg Sauce (page 160) poured over. Garnish with crisp parsley.

BAKED TROUT OR OTHER FISH

Scale and clean fish thoroughly, wipe with a damp cloth, season inside and out with salt and pepper. Stuff with Bread Dressing (page 152) or other dressing as preferred, sew up slit or pin together with skewers.

Grease a baking pan with drippings. Lay in fish, sprinkle two tablespoons flour over, then three tablespoons melted butter, or cut butter over fish in bits. Pour one cup cold water, one cup canned tomatoes and two tablespoons catsup over all.

Bake in a hot oven, basting often, thirty to forty-five minutes, dependent on size of fish. When thoroughly done and nicely browned, remove to hot platter. Garnish with chopped parsley and sliced hard-boiled egg. Serve with potatoes.

BAKED POMPANO WITH SHRIMP

Select a large, fresh pompano, remove bones if preferred. Season well inside and outside with salt and pepper.

Soak a two-inch thick slice of bread in water, squeezing dry.

Cut one and one-half cups peeled, cooked shrimp in small pieces; add soaked bread, season highly with pepper, and salt if necessary, add one teaspoon finely minced onion, two teaspoons melted butter, and one well-beaten egg.

Stuff fish with this dressing and sew up slit.

Rub entire outside of fish with butter, wrap in clean brown paper, or lay fish on a bed of buttered bread crumbs in a baking pan; add three thin strips breakfast bacon.

Bake in hot oven until done, about three-quarters of an hour. Serve with Maitre de Hotel Butter (page 161).

BAKED STUFFED FISH

Select whitefish, red snapper, or any other baking fish. Clean and season well. Stuff with following

Dressing

1 cup cold cooked rice
1 cup cold cooked ground meat
½ cup rolled bread crumbs
1 teaspoon chopped celery
1 teaspoon chopped onion
2 eggs
1 tablespoon melted butter
2 tablespoons soup stock
Salt and pepper

Mix all the dry ingredients together, then add butter, soup stock, and well-beaten eggs. After fish is stuffed, pin together with skewers

or sew up slit. Put in well-greased baking pan; pour over fish one-third cup canned tomatoes, one tablespoon catsup, and one tablespoon butter cut in pieces; add one cup water. Bake in hot oven three-quarters to one hour, basting often.

BAKED FISH WITH LEMON SAUCE

Select red snapper or other baking fish. Clean and season with salt and pepper; put in baking pan; pour two or more cups cold water over (dependent on size of fish), add one-quarter cup cut celery and drop bits of butter over.

Bake in moderately hot oven until done, basting often, about three-quarters of an hour, dependent on size.

Remove fish to platter, pour over the following

Sauce

One cup water in which fish was cooked; put over fire, let come to boil. Dissolve one and one-half tablespoons flour in just sufficient cold water to make smooth. Stir into boiling liquor, add juice of one lemon, and stir until thick. Season with salt and pepper if necessary.

BAKED SHAD, POMPANO, OR WHITE FISH WITH OYSTER FILLING

Have fish split down the back. Clean, season highly with salt and pepper and set in refrigerator, covering tightly, until ready to cook.

Drain one pint oysters, and put liquor aside. Season with salt and pepper and rub lightly in rolled bread crumbs. Stuff fish with oysters, sew up slit, or pin together with skewers.

Cover the bottom of a baking pan with rolled bread crumbs, sprinkle chopped parsley and one teaspoon chopped onion over, then drop on bits of butter.

Lay fish on this bed and cover with rolled bread crumbs, chopped parsley and bits of butter. Put in hot oven to bake, basting often, about thirty minutes; when almost done, pour in liquor drained from oysters, and drop in any oysters left from the dressing.

Serve fish on large platter, surrounded by Potato Roses (page 173) and Stuffed Tomatoes (page 220). Moisten fish with Maitre de Hotel Butter (page 161) before sending to table.

BAKED FILLET OF SOLE

Place fillet, skin side down, in a buttered baking pan or pyrex dish. Season with salt and pepper, and brush top with melted butter.

Bake about twenty-five to thirty minutes in hot oven, dependent on size of fillet. Garnish with water cress or crisp parsley and slices of lemon.

BAKED FISH WITH WINE

Select any good baking fish; clean, season with salt and pepper; place in baking pan. Add two slices onion and half a shake mace; pour two cups cold water over, then one-quarter cup butter cut in bits. Bake in a moderately hot oven, basting often until done, three-quarters to one hour, dependent on size of fish. (Reserve liquor from fish.) Remove fish to hot platter and pour over following:

Sauce

½ cup fish liquor
½ cup sherry wine
2 egg yolks
2 tablespoons lemon juice
¼ cup sugar

Heat wine. Beat egg yolks and sugar light, add wine gradually while stirring, add lemon juice, then fish liquor. Cook in double boiler, stirring constantly until thickened.

BROILED FISH

Clean fish thoroughly, wipe with a damp cloth, then a dry one. Cut fins off close to body on both sides. Season well with salt and pepper. Grease broiler thoroughly, olive oil is best, but drippings will do. Broil fish first with skin side down, then turn and broil on other side, fifteen to twenty minutes. It is best to broil over red hot coals or next to flame. When done, remove to hot platter, pour hot melted butter, or Maitre de Hotel Butter (page 161) over fish. Garnish with slices of lemon, and crisp sprigs of parsley. Serve with boiled potatoes.

FISH BROILED IN OVEN

Secure any broiling fish, pompano, shad, white fish, and so forth. Clean thoroughly, wipe with damp cloth, then dry one.

Split fish all the way down, through to the backbone, then press open flat, but do not cut in half. Season well on both sides with salt and pepper, and rub all over with butter or olive oil.

Grease a hot baking pan with drippings, lay in fish, skin side down, spread wide open.

Bake in a very hot oven, basting often with butter. When done, remove to hot platter, garnish with slices of lemon and serve with Maitre de Hotel Butter (page 161).

BROILED SPANISH MACKEREL

Cook same as Broiled Bluefish.

BROILED BLUEFISH

Select a firm, fresh fish. Clean, then dry thoroughly. Grease the broiler (a double one is best) also the fish, with olive oil or butter. Place fish, open, on broiler; cook, skin side down, for about two minutes.

Turn and cook on other side until fish is done, about fifteen to twenty minutes, dependent on size.

Loosen fish from the broiler carefully with a sharp knife, and slip to a hot platter.

Spread with Maitre de Hotel butter or melted butter. Garnish with parsley and thin slices of lemon.

FRIED FISH

If very small fish are used, they should be fried whole, after cleaning thoroughly, seasoning with salt and pepper and dusting with flour or rolling in corn meal or cracker meal.

If fish is large, clean, remove head and tail, dry thoroughly, cut in pieces, season well with salt and pepper, and dust both sides with a little flour or roll in corn meal or cracker meal.

Fry in a skillet one-third full of hot fat or drippings. Brown on one side, then on other. Be sure fish is thoroughly done before removing from pan.

Serve with Tartare Sauce (page 167) or tomato catsup.

FRIED FILLET OF HADDOCK

Select fresh haddock fillets; they usually come two to two and one-half pounds, and are generally without bones. If any bones remain, they should be removed.

Remove the skin by loosening with a sharp knife, beginning at the head and pulling it off firmly and slowly, using the knife when necessary.

Cut fish in pieces large enough to serve. Season with salt and pepper and squeeze a little lemon juice over; put aside in a covered bowl at least one hour.

When ready to serve, wipe fish dry, dip each piece separately in beaten egg, then roll in cracker meal. Fry golden brown in hot fat.

Garnish with crisp parsley and slices of lemon. Serve with Tartare Sauce (page 167) and browned potatoes.

FRIED WHITEFISH WITH HOLLANDAISE SAUCE

Clean fish thoroughly, split in half lengthwise, remove large center bone. Place the two halves on a platter, squeeze juice of one lemon over, season with salt and pepper and let stand one hour.

Drain fish, dip in beaten egg, then roll in bread crumbs or flour, and fry in hot fat (not too fast) until crisp and brown. Serve with Hollandaise Sauce (page 165).

If fish is large, the halves should be cut in two or three pieces before frying.

FRIED FILLET OF SOLE

Select sole, or large trout or halibut, removing large and small bones from same. Clean thoroughly, then cut in four or five-inch pieces; season well with salt and pepper.

Beat two eggs with one tablespoon water. Immerse fish first in the egg, then roll in seasoned bread crumbs until well coated. Fry in hot fat, giving fish time to cook through thoroughly.

Serve with Tartare Sauce (page 167) or Hollandaise Sauce (page 165).

PLANKED FISH No. 1

Clean and split a two or three-pound white fish, shad, or pompano down the back so it may be opened perfectly flat. Remove entrails carefully, and season with salt and pepper.

Heat oak plank (which comes for planking, and should be at least two inches wider than fish) inside the oven.

Lay fish skin side down, on hot plank, brush top with melted butter. Make a thick circle of coarse salt around edge of plank to prevent juices running off.

Place in hot oven or under a gas flame twenty to twenty-five minutes to cook. Remove plank to table protected with paper; scrape off salt, then wipe edge with a damp cloth. Spread fish with Maitre de Hotel Butter (page 161).

Surround fish with Potato Roses (page 173), Stuffed Tomatoes (page 220) and Stuffed Peppers (page 189). Serve plank on large tray or platter.

PLANKED FISH No. 2

Select shad, white fish, or pompano. Split down back, press wide open, remove entrails. Season with salt and pepper and brush with

melted butter. Place fish in a greased baking pan, skin side down; place pan on rack near the flame, or in a hot oven, ten minutes to broil. Fold fish together whole, then place on a hot buttered hardwood plank.

Sprinkle top with salt and pepper and brush with melted butter. Bake in hot oven twenty-five to thirty minutes until done. Place plank on a large platter, surround fish with Potato Roses (page 173), Cauliflower Roses (page 210) and string beans. Pour melted butter and drops of lemon juice over. Serve at once.

LEMON FISH

3½ lbs. fish
3 cups cold water
½ teaspoon paprika
¼ teaspoon ginger
3 egg yolks
2½ tablespoons lemon juice
3 tablespoons butter
3 tablespoons flour
1 tablespoon chopped onion
3 tablespoons chopped celery
1 tablespoon chopped parsley
Small dash cayenne

Clean fish, cut in pieces, season well with salt and pepper. Melt butter in large saucepan or fish boiler; when hot add onion, let simmer five minutes, stir in water, add parsley, celery and spices, let cook ten minutes, then add fish. Cook until thoroughly done, but not broken.

Remove fish to platter and strain the water. Beat egg yolks light, sift in flour, stir until smooth. Add lemon juice, then add strained water in which fish was cooked.

Put back in saucepan, stir constantly until thickened. Pour over fish in platter, garnish with lemon slices and parsley sprigs. May be served hot or cold.

LEMONADE FISH

2½ lbs. trout, pike, bass or other fish
3 lemons (juice)
3 egg yolks
2½ cups cold water
¾ cup sugar
½ cup seedless raisins
¼ cup blanched almonds (cut in halves)
Salt and pepper

Clean fish, cut crosswise in slices, not too thin; season with salt and pepper, let stand at least thirty minutes.

Make a strong lemonade of water, sugar and lemon juice. Add raisins and almonds. Boil ten to twelve minutes. Add fish slices, cook until perfectly tender, but not broken. Slices may be turned over once with griddle turner while cooking. Remove fish to platter when done.

Stir hot sauce gradually over well-beaten yolks, mix well, then pour over fish. Garnish with slices of lemon and crisp parsley. Place in refrigerator to slightly jell. Serve cold.

FISH TARTARE

1 fish, medium or large
1 tablespoon salt
½ cup vinegar
Celery stalk cut in pieces

Put whole cleaned fish in large fish pan, cover with cold water, add vinegar, salt and celery. Cook until fish is done, thirty to forty-five minutes, dependent on size. Serve whole on flat platter with following sauce poured over. Fish may be served either hot or cold, but sauce should always be cold.

Sauce Tartare

2 hard-boiled eggs
2 raw eggs
¾ cup vinegar
½ cup sweet cream
1 chopped dill pickle
1 tablespoon capers
1 tablespoon finely-chopped celery
½ teaspoon dry mustard
1 teaspoon sugar
¾ teaspoon salt
¼ teaspoon paprika
2 teaspoons lemon juice
1 teaspoon finely-chopped onion
1 teaspoon finely-chopped parsley
1 tablespoon cut up cooked carrots
Pinch cayenne pepper

Mash until creamy the yolks of hard-boiled eggs, stir in mustard, lemon juice, salt, sugar, paprika, and cayenne pepper. Mix well, add raw egg, stir in vinegar, mix in the onion and celery. Cook in a double boiler, stir until mixture begins to thicken, then add cream gradually, stirring all the time until thick as heavy cream. Remove from fire, add capers, pickle and chopped egg whites, carrots and parsley. Pour over fish when ready to serve.

FISH EN SURPRISE

Any firm, coarse meat fish may be prepared in this way. Clean thoroughly, wipe dry, leaving fish whole. Tie in a large cloth or flour sack. Lay in a flat pan, cover with water to which has been added three celery branches, three onion slices, one-eighth cup vinegar or lemon juice, salt, pepper, cayenne and a pinch of dry mustard.

Cook until fish is thoroughly done but not broken. Remove to flat platter and allow to chill thoroughly. Before serving, cover entire fish with mayonnaise dressing. Garnish with slices of hard-boiled egg, tomato and lettuce.

SNAPPER A LA CREOLE

2½ to 3 lbs. red snapper
½ small onion
¾ cup canned tomatoes
1½ cup cold water
1 tiny piece garlic
1½ tablespoon butter
1½ tablespoon flour
1 tablespoon tomato catsup
1 teaspoon Worcestershire sauce

Clean fish thoroughly, cut in medium size pieces, season with salt and pepper. Put aside one hour.

Melt butter in saucepan, add cut-up onion and garlic; when yellow, add flour, stir until lightly browned, then stir in tomatoes, Worcestershire, catsup and water.

When sauce is ready to boil, add fish, cover and let cook slowly until done, about thirty minutes. Turn fish once while cooking, being careful not to break pieces. Serve hot or cold.

FILLET OF SOLE MARGUERY

3 lbs. fish
½ pint oysters
½ pint cooked shrimp
2 tablespoons butter
½ cup canned button mushrooms
1 tablespoon flour
3 slices lemon
3 slices onion
3 branches celery
¼ teaspoon celery salt
2 egg yolks

Select fish with firm, tender white flesh. Remove skin and bones and cut in pieces to be served; season with salt and pepper.

Put just sufficient water in fish kettle to cover fish, add lemon, onion, one tablespoon butter, celery salt, celery. Let sauce cook ten minutes, then add fish. Cook until tender, not broken; remove fish to platter, keep warm over hot water.

Strain sauce, then add other tablespoon butter, shrimp and mushrooms. Cover and let cook ten minutes, then stir in flour dissolved in enough water to make a smooth paste. Stir while cooking five minutes. Add beaten egg yolks, stirring, just long enough to heat through but do not boil. If not seasoned sufficiently, add more salt and pepper.

Pour sauce around fish, garnish dish with sprigs of parsley. Serve at once. Mushrooms may be omitted if desired.

FISH MARINIERE

3 lbs. fish
1 tablespoon chopped parsley
2 tablespoons chopped celery
1 tablespoon chopped challot (green onion top)
½ cup white wine
½ cup Hollandaise Sauce (page 165)
2 cups cold water
2 small carrots (cut up)
Salt and pepper

Any fish with firm white flesh may be prepared in this manner. Red snapper or white fish is good.

Clean fish, remove skin and bones, cut in pieces to be served. Season with salt and pepper. Put water in saucepan, add carrot, shallot, celery, and parsley; let come to boil, then add wine. When boiling, add fish, cook slowly and steadily until done, about twenty-five minutes, turning if necessary to cook thoroughly.

Remove fish to platter, keep warm over hot water.

Cook fish water until reduced to one cup, then strain into hollandaise sauce, stirring constantly while adding.

Pour sauce over fish and serve at once.

FISH A LA BROADMORE

2 lbs. fish
1 cup hot Medium Cream Sauce (page 159)
2 egg whites (beaten stiff)
¼ cup sweet cream
1 lb. fresh spinach
2½ cups creamed potatoes
2 tablespoons butter
Celery
Salt, pepper, garlic, onion, bay leaf

Red snapper or any white meat fish that has few bones will be best for this purpose. Clean fish. Cook until done in water seasoned well with salt, pepper, paprika, a tiny piece of garlic, two slices onion, one bay leaf and three branches celery. When done, drain from water, remove skin and bone. Set aside to cool, then cut in one-inch pieces with scissors.

Stir cream sauce carefully into fish so as not to mash it.

Clean spinach thoroughly, cook in its own juice, drain and chop very fine. Put butter in a fryer; when melted and hot, add chopped spinach, stir well, add juice that was drained, stir and let cook slowly five minutes, then add cream, stir four minutes, remove from fire, keep warm.

Cook and cream white potatoes as usual, using hot milk and melted butter to make creamy; add stiffly beaten egg whites.

Put fish in bottom of a pyrex or earthen baking dish; cover with spinach, then cover spinach entirely with potatoes. Brush top of potatoes with melted butter. Bake in a moderate oven just long enough to brown top nicely.

Individual crab shells or dishes may be used instead of baking dish.

FILLET FISH A LA MENNIERE

2 lbs. fillet, or 3 lb. whole fish
1 cup small cooked shrimp
¾ cup canned button mushrooms
3 large branches celery (cut up)
¼ small onion (cut fine)
⅓ cup heavy cream
2 egg yolks
1½ tablespoons flour
2 tablespoons butter
Salt and pepper
Dash paprika
Small piece garlic

If fillet cannot be secured, white fish or red snapper may be used. Put cold water in a fish pan or long biscuit pan, add all seasoning. When water begins to boil, lay in fish; cook until perfectly tender, but not broken (there should be just enough water to cook fish and it should be highly seasoned).

When fish is done, remove from water, put aside to cool. Strain liquid and measure one and one-half cups. Put liquid in saucepan, let come to a good boil. Mash flour smooth with a little cold liquid, then add to cooking liquid; stir until slightly thickened. Beat egg yolks slightly, add thickened liquid while stirring, then put back in saucepan; stir constantly two or three minutes until liquid is about as thick as custard. Remove from fire, set aside to cool.

Remove skin and bone from cold fish, cut with scissors in two-inch pieces. Place fish in a pyrex plate or in individual baking dishes. Melt butter in saucepan; when hot, stir in mushrooms and shrimp; stir while sauteing five minutes, then pour over fish.

Whip cream stiff, stir into cold sauce, then pour over contents of dish. Place in hot oven to cook and brown very slightly, about fifteen minutes.

BAKED FISH RING

2 lbs. fish
2 medium thick slices sandwich bread
Few drops onion juice, or ¼ teaspoon grated onion
1 tablespoon finely-chopped celery
½ cup cream
1 cup milk
5 eggs
2 teaspoons salt
¼ teaspoon Worcestershire
Good dash white pepper

Fillet sole, fresh halibut or red snapper, or any white fish may be prepared in this manner.

Remove all skin and bone from fish, then run through meat grinder. There should be three cups ground fish.

Soak bread in milk, squeeze out (not too dry). Add to fish. Stir in cream and onion juice, season well with salt, pepper, and Worcestershire. Beat egg yolks very light, add to fish mixture, then fold in stiffly beaten egg whites.

Put in well-greased ring mold. Set mold in pan of hot water. Bake in hot oven forty to forty-five minutes. Turn mold on platter. Fill center with creamed potatoes or creamed mushrooms.

FISH AND NUT LOAF

3 lbs. red snapper
3 eggs
3 tablespoons melted butter
1½ teaspoons salt
½ teaspoon pepper
½ cup cracker meal
1 cup blanched almonds (cut in pieces)
1 cup milk
¼ teaspoon paprika

Cover fish with water, add onion, two branches celery, one tablespoon vinegar, two tablespoons salt and one teaspoon pepper. Cook until tender, about twenty minutes. Drain, and when cool, remove skin and bones, and flake with a fork.

Beat eggs light, add milk gradually, then stir in flaked fish, nuts, butter and cracker meal. Add salt, pepper and paprika. Put in a well-greased small biscuit pan and shape into a loaf. Sprinkle with one tablespoon cracker meal and pour two tablespoons melted butter over top.

Bake in moderate oven about twenty-five minutes, browning top nicely. Serve with following

Sauce

To one cup mayonnaise, add one saltspoon minced onion, three tablespoons chopped dill pickle, one teaspoon minced parsley, four chopped stuffed olives, and one medium size peeled tomato cut in small pieces.

FISH SOUFFLE

Select any coarse meat fish; clean, boil whole in water with salt, pepper and two slices of onion added. When done, remove skin and bones, and flake with a fork. Measure four cups flaked fish, season with salt, pepper, two teaspoons lemon juice, and a tablespoon melted butter. Keep hot.

Boil five large white potatoes until done, mash through a ricer, add two tablespoons melted butter, one-half cup hot milk, and salt; mix well. Measure three cups, put one-half the fish in a baking dish, cover with one-half the potatoes, then make another layer of fish and potatoes.

Beat four egg whites stiff, and spread evenly over top. Place in moderate oven to brown nicely on top.

FILLED FISH (GEFILTA)

4 lbs. fish
1 cup cold water
2 branches celery
½ cup cracker meal
1 small onion
4 tablespoons melted butter
2 eggs
Salt and pepper

Clean fish thoroughly. Remove skin without breaking, then wash thoroughly and dry well. Scrape flesh from skin and bones, beginning at the neck. Remove backbone and all small bones. Run fish, onion, and celery through fine meat grinder, or chop very fine.

Add cracker meal, beaten eggs and butter; add water gradually,

stirring until well blended. Season with salt and pepper. Fill fish skin with mixture. Rub outside of skin with salt and pepper. Place fish in fish kettle or baking pan, cover with boiling water, cook until well done, about fifty to sixty minutes; reduce heat after fifteen minutes cooking. It may be necessary to add more water while cooking. Be careful not to break fish when removing from kettle. Serve fish sliced cold, or hot, with following:

Sauce

1½ cups water in which fish was cooked
½ cup thin cream or rich milk
2 tablespoons butter
2 egg yolks
1 tablespoon flour
Salt and pepper

Heat fish water. Stir flour and butter together until blended, then add to hot water, stir while cooking eight minutes. Add cream, let come to a good boil, then stir gradually into beaten egg yolks. Put back on fire, stir until slightly thickened. Remove at once or sauce may curdle.

BOHEMIAN FISH

Clean a red snapper, tie in clean bag or cloth, lay in fish boiler of cold water, add one whole lemon sliced, two bay leaves, pinch of mace, and one tablespoon salt. Boil one hour, then remove fish from bag, remove skin and bone, and flake with a fork.

Make a Thick White Sauce (page 159), season with salt and pepper, add two drops onion juice, one teaspoon Worcestershire, one teaspoon chopped parsley, one cup mushrooms cut in half, and two tablespoons sherry wine.

Put flaked fish in baking dish. Pour sauce over. Sprinkle with bread crumbs, drop bits of butter on top, then set in hot oven to brown quickly. Serve at once.

SCALLOPED FISH

3 cups boiled fish (flaked)
1 cup buttered bread crumbs
½ cup chopped nuts (if desired)
1 cup strained tomatoes
¼ cup cream or rich milk
2 tablespoons melted butter
Salt, cayenne pepper

Boil fish (preferably coarse white meat) in salted water. Brown crumbs slightly in oven. Flake fish with a fork, add butter, salt, pepper and cream or milk.

Put alternate layers of bread crumbs, fish and nuts in a buttered dish. Have top layer of crumbs.

Pour strained tomatoes over. Bake fifteen to twenty minutes in hot oven. Grated cheese may be substituted for tomatoes.

For small family use one-half ingredients.

FISH TIMBALES

1 cup bread crumbs
½ cup milk
1 tablespoon chopped parsley
2 tablespoons melted butter
1 pint boiled fish
3 drops onion juice
2 eggs
Salt, pepper and mace

Put fish in a bag, boil about three-quarters of an hour until done. Season water with salt, pepper, pinch mace, and two round slices onion. When fish is done, remove skin and bones, flake fine with a fork.

Pour milk over bread crumbs, add fish, mix, then add butter, pepper, salt, onion juice, add eggs, after beating light.

Put in individual molds, sprinkle with bread crumbs and bits of butter. Set in pan of hot water and bake in hot oven twenty-five minutes until nicely browned. May be baked in casserole if preferred.

FISH MOUSSE

1½ cups cooked flaked fish
¾ cup cold water
1½ tablespoons granulated gelatine
1 teaspoon Worcestershire sauce
¼ teaspoon celery seed
1 small green pepper (chopped fine)
4 small beets
3 small cooked carrots
Dash paprika
Salt and pepper

Halibut or any white fish may be used. Clean fish well, season with salt and pepper, cover with cold water, cook until tender. When done, let fish cool; remove skin and bones, then flake with fork.

Scrub beets, cook until tender, reserving one and one-half cups hot water in which they were cooked. Dissolve gelatine in cold water, add hot beet water, stirring until gelatine is dissolved.

Add flaked fish, green pepper, carrots, and beets after cutting in small dice. Season well with celery seed, Worcestershire, paprika, salt and pepper. Mix well, pour in a rinsed mold, place in refrigerator five to six hours or over night to congeal.

When serving, cut in slices and serve a little mayonnaise on top.

JELLIED FISH

2 lbs. snapper steak
3 sticks chopped celery
1 pint fish liquid
½ lemon (juice)
1 sweet green pepper (cut fine)
½ small onion
1 tiny piece garlic
1 tablespoon gelatine
3 cold, hard-boiled eggs
½ cup finely-cut white celery

Clean fish, season well with salt and pepper, cover with three cups cold water. Add onion, garlic, and celery. Cook until fish is very tender. Drain fish from liquid, measure one pint of liquid, and heat to boiling point.

Soak gelatine in one-quarter cup cold water ten minutes, pour hot liquid over, stir until dissolved, add lemon juice.

Flake fish with a fork after removing all skin and bone. Put half the fish in the bottom of a rinsed mold or small pan. Sprinkle celery and green pepper over, then a layer of sliced egg. Cover with balance of flaked fish. Pour gelatine mixture over all. Set in refrigerator to congeal, two and one-half to three hours. Serve on lettuce leaves with mayonnaise.

FISH RING

1½ lbs. white fish
3 eggs
2 slices lemon
1 tablespoon lemon juice
1 tablespoon chopped celery
1 teaspoon chopped parsley
1 cup medium Cream Sauce (page 159)
2 slices onion
Paprika, salt, pepper

Cook fish until thoroughly done in boiling water seasoned highly with salt, pepper, slices of lemon and onion. Drain, remove skin and bone, then chop very fine.

Add hot cream sauce to fish, add well-beaten egg yolks, season if necessary with more salt and pepper. Add paprika, lemon juice, chopped celery and parsley. Mix well. Fold in stiffly beaten egg whites. Put mixture in a well-greased ring or mold.

Set mold in pan of hot water in a hot oven; bake about thirty to forty-five minutes, serve Hollandaise Sauce (page 165) or Tomato Sauce (page 160) in center of ring.

Cooked green peas, or mashed potatoes, may be served in center of ring; if so, accompany with Hollandaise sauce.

FRESH FISH ROE No. 1

Secure fresh fish roe, wash well, then dry. Season with salt and pepper. Dip in egg, then in rolled bread crumbs or cracker meal, fry in hot fat. Fat need not be as deep as for deep frying.

FRESH FISH ROE No. 2

Clean roe, season well, roll in corn meal. Fry same as Fish Roe No. 1.

SALT FISH ROE

Soak roe over night in fresh water. Next morning, dip in egg, then in cracker meal, fry in hot fat until crisp and brown.

SNAPPER THROATS WITH TARTARE SAUCE

Remove outer skin and wash throats carefully. Season with salt and pepper. Dip first in slightly beaten egg, then in bread or cracker crumbs. Fry in deep hot fat. Serve with Tartare Sauce (page 167) or tomato catsup.

Snapper throats may also be prepared by recipe for Creole Fish (page 77).

FISH CAKES

1½ cups boiled fish
1½ cups mashed cooked white potatoes
1 egg
Salt and pepper

Left-over fish and potatoes may be used for these cakes, in which case potatoes should be reheated.

Flake fish with a fork. Press potatoes through ricer. Beat egg light, stir in fish and potato, season well, whip light. Shape in small cakes.

Fry in hot fat until nicely browned on both sides. Serve with tomato catsup.

If left-over cream sauce is convenient, it may be used in fish cakes instead of egg. Use only sufficient to make of creamy consistency, then dredge outside of cake with flour before frying.

CODFISH PUFFS

1 cup flaked cooked codfish
1 cup riced cooked potatoes
¼ cup flour
2 eggs
1 teaspoon baking powder
Salt, if necessary.

Soak and boil codfish, then flake with a fork, measure required quantity; add potatoes and flour. Beat egg yolks light, add fish mixture, stirring well. If necessary, add a little salt. Fold in stiffly beaten egg whites.

Drop by spoonfuls in deep hot fat, cook to a golden brown. Serve with catsup or hot tomato sauce.

CODFISH CAKES

1 cup cooked codfish
1 cup cooked mashed potatoes
1 egg
Pepper
Salt, if necessary

Soak codfish over night, drain, cover with cold water, cook until tender; drain, remove bones and flake with a fork.

Wash, pare and boil potatoes, cream until smooth. Add flaked fish, mix well, add well-beaten egg yolk and seasoning. Add stiffly beaten egg white last.

Shape into cakes, fry in hot fat, browning on both sides. Serve with tomato catsup.

CODFISH SOUFFLE

1 lb. flaked codfish
2 eggs
1 tablespoon melted butter
½ teaspoon white pepper
¼ teaspoon paprika
2½ cups hot mashed potatoes
1 cup medium Cream Sauce (page 159)
1 teaspoon grated onion
1 teaspoon Worcestershire
1 teaspoon chopped parsley

Soak codfish in boiling water, let stand until cold, drain and repeat process once more. Drain thoroughly dry; flake with a fork. Add to hot potatoes, stir in cream sauce. Mix well, season with parsley, onion, pepper, paprika, and Worcestershire. Add well-beaten egg yolks; fold in stiffly beaten egg whites.

Turn in baking dish, brush top with melted butter, sprinkle with bread crumbs.

Bake in moderate oven, browning nicely on top, about thirty minutes.

FROG LEGS

Clean frog legs; let them come to a good boil in water to which salt and a little lemon juice has been added.

Dip in egg and crumbs, or in batter, same as fried chicken. Fry golden brown in hot fat.

TO OPEN BOILED LOBSTERS

First pull off large and small claws, separating large ones at joints; meat may then be removed by cutting claw shells with sharp knife, or cracking with a nutcracker.

Separate tail from body, then draw out meat with a fork. The thin tail shell may be cut with scissors or can opener if necessary, then meat may be more easily removed. Separate tail meat through center, carefully remove the small intestinal vein which runs entire length, and discard it.

Hold body shell firmly, draw out body meat, leaving stomach meat which is not edible. The liver (green) may be gotten out by shaking the shell, or it may be removed with a spoon. It is edible.

Break the body through middle, pick out all meat as it will be found very tender.

The lungs, stomach and intestinal vein are the only unedible parts of the lobster.

TO SPLIT LIVE LOBSTERS

Cross large claws and hold them firm with left hand. Hold a sharp pointed knife in the right hand, and make a deep, quick incision through the body, beginning at the mouth and going down entire length and through tail. Open lobster, remove intestinal vein, liver and stomach, and crack claws with a nutcracker or hammer.

BOILED LOBSTERS

Be sure that the lobsters secured are alive. If fresh, they should be heavy in proportion to size. Put lobsters, one at a time, tail down, in a kettle of boiling, salted water sufficient to cover them, using one and one-half tablespoons salt, one-quarter teaspoon white pepper, and a dash of cayenne to each quart water. Boil steadily twenty minutes if lobsters are small, or twenty-five minutes if large.

The shells will be red when done. Serve ice cold, with or without Tartare Sauce (page 167).

BROILED LIVE LOBSTERS

Secure live lobsters. Split in half. Rub both halves with olive oil, broil in a buttered wire broiler over a hot red coal fire, or under flame of gas stove. Broil on flesh side first, ten minutes, then turn and broil ten to fifteen minutes on shell side. When done, season with salt and pepper and melted butter.

Serve with melted butter.

BAKED LOBSTER

Use live lobsters, clean, split in half; place halves in a skillet or dripping pan, season with salt, pepper and paprika; spread with plenty butter. Bake in hot oven twenty minutes, basting often. Serve with melted butter.

CREAMED LOBSTER

1 can lobster, or 1 large fresh boiled lobster
1¼ cups thin cream or rich milk
½ teaspoon Worcestershire
2 tablespoons flour
3 tablespoons butter
½ teaspoon lemon juice
Salt and pepper

Melt butter in saucepan, stir in flour until bubbly, add cream or milk gradually. Stir until it begins to thicken, add Worcestershire, then lobster meat which has been carefully picked over and cut in small pieces. Cook slowly eight minutes longer, stirring carefully so as not to break lobster. Remove from fire, stir in lemon juice and seasoning.

Serve at once in hot pastry cases, ramekins, or in chafing dish.

SCALLOPED LOBSTER

1 can lobster, or 2 lbs. fresh lobster
1½ cups medium White Sauce (page 159)
½ teaspoon Worcestershire
1 teaspoon lemon juice
Rolled bread crumbs
Salt and pepper

Boil lobster or use canned lobster. Remove meat from shell, cut in small pieces. Heat white sauce, add Worcestershire, lemon juice, salt and pepper to season well. Add lobster to hot sauce. Mix well, turn into a buttered pyrex or earthen baking dish. Sprinkle with bread crumbs. Bake until nicely browned on top.

LOBSTER MOLD

1 large boiled lobster
1 pint beef, or Chicken Aspic (page 282)
1 cup cooked asparagus tips
1 cup cooked green peas
1 cup cooked diced carrots

Remove meat from lobster, cut in pieces. Cook vegetables and drain. Prepare aspic the day previous, let jell in refrigerator over night, then skim off fat and reheat, seasoning with salt and pepper if necessary.

Place alternate layers of lobster meat and vegetables in a rinsed mold, pour hot aspic over all; when cooled, place on ice to congeal. Turn on platter, garnish with lettuce and lobster claws. Serve with mayonnaise.

TO OPEN HARDSHELL CRABS

Secure live crabs. Drop crabs one at a time in sufficient boiling hot water to cover well. Add two tablespoons salt, and a dash cayenne for each quart water.

Boil crabs twenty minutes if to be cooked again, or twenty-five minutes if to be served cold.

Remove from water, wash carefully. Separate claws from bodies. Pull off hard shells and remove spongy part. The remaining soft shell may be served whole or in half with the claws.

Crack claws with a nutcracker before serving, or meat may be removed from claws before serving.

CRAB IN CASSEROLE

2 tablespoons butter
2 tablespoons flour
2 cups crab meat
½ teaspoon lemon juice
1½ cups milk
1 teaspoon catsup
1 teaspoon chopped parsley
1 teaspoon Worcestershire
2 eggs
Salt, pepper, paprika

Melt butter, stir in flour, add milk gradually, stirring until smooth. Add salt, pepper, paprika, catsup, Worcestershire, and parsley. Add egg yolks well beaten, then add crab meat and lemon juice; mix well, fold in stiffly beaten egg whites. Remove at once from fire. Turn into casserole, sprinkle with rolled bread crumbs and melted butter. Bake in moderate oven fifteen to twenty minutes.

DEVILED CRABS

1¼ cups crab meat
½ cup boiling water
2 hard-boiled eggs
1 raw egg
4 tablespoons melted butter
3 tablespoons vinegar
1 teaspoon salt
¼ teaspoon dry mustard
Pinch cayenne pepper

Rub hard-boiled egg yolks smooth while adding melted butter. Stir in vinegar, mustard, salt and pepper. Add raw egg yolk well beaten, then add chopped whites of hard eggs, add boiling water gradually. Add this dressing to crab meat and mix thoroughly.

Heap crab shells lightly. Sprinkle bread crumbs and melted butter over top.

Bake a delicate brown in a quick oven, ten to fifteen minutes. This quantity will fill six medium size crab shells.

FAVORITE DEVILED CRABS

1 pint fresh crab meat
1 tablespoon butter
1 tablespoon bread or cracker crumbs
1 teaspoon lemon juice
1 teaspoon Worcestershire
1 cup sweet cream
1 egg
1 yolk of egg
Salt, pepper

Heat cream in double boiler, add half the butter; when hot, stir in beaten egg yolks until slightly thickened.

Cream balance of butter soft, stir in finely rolled crumbs, add crab meat, then well-beaten whole egg.

Stir crab mixture into cream mixture in double boiler. Add lemon

juice and Worcestershire, season highly with salt and pepper. Stir until thickened. Remove from fire.

Chill, then heap in shell, ramekins, or baking dish, sprinkle with bread or cracker crumbs and melted butter.

Bake in fairly hot oven until nicely browned, fifteen to twenty minutes.

CREAMED CRAB IN SHELLS

1 pint fresh crab meat, or 1 large can crab meat
3 tablespoons butter
3 tablespoons flour
1 cup sweet cream, or milk
½ teaspoon paprika
2 teaspoons lemon juice
¾ teaspoon Worcestershire
Salt and pepper

Melt butter, stir in flour until blended; add cream or milk gradually, stirring until smooth and thickened; add seasonings and crab meat. Stir two minutes, remove from fire, heap in shells, sprinkle with bread crumbs and brush with melted butter. Bake and brown lightly in hot oven, about fifteen minutes.

FRIED SOFT SHELL CRABS

Secure live soft shell crabs. Remove spongy part or "dead man" from crabs by lifting up both sides and removing little gray-looking "fingers" or pieces.

Wash and dry well, season with salt and pepper, put on ice if not ready to serve. When ready to fry; dip each crab separately in flour, then in beaten egg, then roll in fine, well-seasoned bread crumbs or cracker meal until well coated.

Fry quickly in hot fat (need not be too deep) until crisp and golden brown, about six minutes.

Serve on hot platter, garnish with hot fried parsley and lemon slices.

Sprigs of parsley may be dropped in same fat in which crabs were fried.

BROILED SOFT SHELL CRABS

Clean crabs well, removing "dead man," spongy part under side shell. Wash and dry well. Rub each crab with a little olive oil, season with salt and pepper. Lay on a hot greased broiler, and broil over red coals, on each side about six minutes.

Serve on freshly toasted bread slices. Spread a teaspoon Maitre de Hotel Butter (page 161) on top of each crab. Serve piping hot on a hot platter.

BROILED SMELTS

Secure fresh medium-sized smelts, split up the back and remove backbone; rub each one with a little olive oil, season with salt and pepper. Broil in a double broiler, turning each side to the red hot coal or gas flame about three minutes.

Serve on hot platter with Sauce Bernaise (page 162). Garnish with thin slices of lemon and sprigs of crisp parsley or watercress.

BAKED SALMON LOAF

1 lb. can salmon steak
1 cup finely-rolled crumbs
1 teaspoon chopped parsley
1 teaspoon Worcestershire
1 cup medium Cream Sauce (page 159)
4 hard-boiled eggs
1 tablespoon lemon juice
2 eggs
Salt and pepper

Turn salmon on platter, remove skin and small bones; drain off liquor, and flake with a fork.

Mix salmon and cream sauce together, add lemon juice, parsley, bread crumbs, Worcestershire, and well-beaten egg yolks. If not seasoned well, add more salt and pepper. Fold in stiffly beaten egg whites.

Put a layer of sliced hard-boiled egg in bottom of a greased bread pan or other small pan, cover with a layer of salmon; add another layer of sliced egg and salmon. Set pan in a larger one with boiling water. Cover and bake in a hot oven until steamed and done, about one hour. Serve with Chateau Sauce (page 167) to which two tablespoons chili sauce has been added, or serve cold with mayonnaise.

CREAMED SALMON

1 tablespoon flour
1 tablespoon butter
½ teaspoon Worcestershire
1 cup milk
1½ cups canned salmon
Salt and pepper
Cayenne pepper

Melt butter, stir in flour until bubbly, add milk gradually, stirring constantly until mixture begins to thicken; season with salt, pepper and cayenne. Add salmon, from which skin and bones have been removed; let simmer a few moments. Serve on flat platter garnished with border of cooked green peas.

STEAMED SALMON

1 lb. can salmon
1 teaspoon chopped parsley
1 teaspoon lemon juice
2 eggs
2 tablespoons butter
2 tablespoons bread crumbs
3 tablespoons rich milk
Salt and pepper

Cream butter, add well-beaten yolks of eggs, then stiffly beaten whites. Stir in salmon after removing bones, skin and excess oil. Mix well, add milk, bread crumbs, and seasonings to taste.

Steam in a tightly covered vessel or steamer, in constantly boiling water, about forty-five minutes.

Serve at once with following sauce:

Three-quarter cup milk and one teaspoon butter heated together in double boiler. Stir in two teaspoons sifted flour dissolved in one-quarter cup milk. Let simmer while stirring, until thickened. Season with salt and pepper. Set aside to cool, then add one-quarter cup tomato catsup.

SALMON MOUSSE

1 lb. can red salmon
2 cups soup stock
½ cup heavy cream
2 eggs
3 drops onion juice
1 tablespoon granulated gelatine
1 teaspoon chopped parsley
½ teaspoon green pepper
Salt
Dash cayenne
Dash white pepper

Soak gelatine in one-half cup cold stock ten minutes. Heat balance of stock to boiling point, then pour over soaked gelatine; mix well.

Beat eggs light, add hot gelatine mixture while stirring. Remove bone, skin and excess oil from salmon, mash smooth; add egg mixture, stirring well. Add parsley, green pepper, onion juice, salt and pepper to taste.

Stand aside in cold water until beginning to congeal, then add cream whipped stiff.

Put in wet ring or other mold, place on ice about three or four hours, until firm.

When ready to serve, turn on flat platter, garnish with crisp lettuce leaves or parsley. Serve with hollandaise sauce or mayonnaise.

CREAMED TUNA FISH

1 cup milk
1 cup canned tuna fish
1 teaspoon lemon juice
2 tablespoons butter
2 tablespoons flour
1 tablespoon chopped celery
Salt, pepper and paprika

Melt butter, stir in flour until bubbly, stir in milk gradually until thickened, add celery, then fish, after flaking it with a fork; stir well.

Add salt, pepper, paprika and lemon juice to season. Mix well. Serve plain or on freshly toasted slices of bread.

TUNA FISH SOUFFLE

1½ cups canned tuna fish
¾ cup rolled bread crumbs
1½ cups milk
1 tablespoon butter
1 tablespoon flour
2 eggs
1 teaspoon minced parsley
1 teaspoon lemon juice
1 teaspoon Worcestershire
Salt and pepper

Melt butter in saucepan, stir in flour until bubbly, stir in milk gradually; continue stirring until mixed, then add well-beaten egg yolks; when mixture begins to thicken, add bread crumbs, stir until thickened (not too thick), add flaked fish; stir a few minutes longer.

Season highly with salt, pepper, parsley, lemon juice and Worcestershire. Let cool, then add stiffly beaten egg whites.

Turn in baking dish, sprinkle lightly with bread crumbs and bits of butter. Bake and brown nicely in moderate oven, about twenty minutes.

CREAMED SHRIMP

1 pint cooked, cut shrimp
2 tablespoons diced celery
1 cup Medium Cream Sauce (page 159)

Add celery and shrimp to cream sauce when beginning to thicken; cook slowly ten minutes. Serve on hot buttered toast, in ramekins or patty shells. Add more salt and pepper if necessary.

SHRIMP A LA CREOLE

1 pint cooked shrimp
2 tablespoons butter
2 tablespoons flour
1½ teaspoons finely-chopped onion
¼ teaspoon salt
¼ teaspoon paprika
5 chopped olives
¾ cup soup stock or water
1 cup canned tomatoes
1 teaspoon chopped parsley
Pinch pepper
Pinch cayenne

Remove shells from shrimp and cut in half. Melt butter in saucepan; when hot, brown onion in it, stir in flour until bubbly, add soup stock or water gradually, stirring constantly. Stir in tomatoes gradually, then add parsley, olives, seasonings and shrimp. Let simmer slowly about twenty minutes.

Serve with rice, or on toasted bread slices.

FRIED SCALLOPS

Wash scallops, drain in colander, then drop in boiling water; leave them for just two minutes (no longer).

Drain and dry thoroughly; roll in a little flour that has been seasoned with salt and pepper.

Beat egg light, dip in the scallops, then roll in fine cracker crumbs. Drop in deep hot fat to brown gradually. Do not put too many scallops in fat at one time.

When nicely browned, drain, and garnish with parsley and thin slices of lemon.

Serve with tartare sauce.

SCALLOPS EN BROCHETTE

Wipe dry large scallops; put in saucepan with a little fresh butter, and leave over a hot fire until they begin to shrivel. Remove at once and put on wooden or aluminum skewers, allowing five scallops, alternating with six small strips of thinly sliced bacon to each skewer.

Stand skewers in upright position in pieces of bread or raw potato, bake in the same position in a pan in a hot oven until bacon is crisp and scallops browned.

Serve with lemon slices and watercress.

PICKLED HERRING

6 milch herring
1 large onion sliced thin
1 large lemon sliced thin
3 teaspoons sugar
6 whole cloves
1½ cups vinegar
½ cup water (if vinegar is too tart)
4 bay leaves
2 hard apples
Dash white pepper

Soak herring over night in sufficient cold water to cover. Next morning, drain from water, cut off heads, split down center of backs from head to tail. Remove milt (egg) and put aside.

Remove big bone from herring by scraping meat away carefully on both sides, then remove small bones if desired.

Remove skin by loosening with a sharp knife, beginning at the head and pulling it off firmly and slowly, using the knife when necessary.

Cut herring in long or square pieces as desired; place in a covered crock or bowl. Add apple after peeling and cutting in small dice. Add lemon and onion slices.

Rub and mash "milts" until smooth, stir in vinegar, add pepper, bay leaves, sugar and cloves. If vinegar is very tart, add water. Pour mixture over herring, cover and put aside at least twenty-four hours to ripen.

They will keep a long time and may be served with or without potatoes boiled in jackets.

CREAM OYSTER LOAF

1 pint oysters
½ pint hot milk
2 tablespoons butter
3 tablespoons flour
1 tablespoon celery (chopped)
1 teaspoon salt
1 small loaf bread (oblong or square)
Pinch pepper

Cut crust from bread loaf, scoop out center, leaving a thick wall, brush inside and outside with melted butter; put scooped loaf, also top crust, in a hot oven, toast and brown nicely.

Melt butter, when yellow (not brown), stir in flour until smooth, stir in milk gradually; continue stirring until smooth and thick; add other seasonings.

Set saucepan in a double boiler.

Drain all liquor from oysters, put them in a hot saucepan, and shake until hot (no longer), then add oysters and hot liquor (if any) to sauce; pour into toasted loaf. Cover with top crust. Serve at once, or the bread will become soggy.

If sauce is not quite thick, stir in a little more flour dissolved in milk, while cooking.

FRIED OYSTER LOAF

Take a long loaf of sandwich bread, cut off top, leaving bottom like a box. Cut the inside into sections before removing, as it can be taken out more easily. Brush inside of top and box with fresh butter, toast nicely in a quick oven.

Have ready sufficient fried oysters to fill the box, cover with top. Serve at once with pickles, catsup and Worcestershire.

PANNED OYSTERS

Secure fresh oysters in the shell. Wash and scrub shells thoroughly. Put in a flat pan that has the bottom covered with rock salt, so that the shells will not tip over.

Place in a very hot oven, and roast until shells pop open. Remove the flat side of shells, and serve oysters in other half. Arrange on oyster plates or in soup plates.

Pour melted butter, seasoned with salt, pepper, and lemon juice, over each oyster. Garnish plates with sprigs of parsley or watercress. Serve at once, piping hot.

BROILED OYSTERS ON TOAST

Drain large oysters in colander, dry in a clean napkin. Arrange in a double broiler and broil over a bright coal fire, or under a quick

gas flame, about three minutes, turning the broiler every five or ten seconds.

Have ready buttered slices of toast, arrange oysters on toast, and pour over it melted butter, season with salt and pepper, lemon juice and chopped parsley. Garnish with thin lemon slices.

BROILED OYSTERS AU GRATIN

1 pint large fat oysters
½ cup melted butter
1 cup well-seasoned cracker crumbs

Drain oysters and dry thoroughly between towels. Lift each oyster with a fork (thrust through the tough muscle), immerse in butter, then in cracker crumbs to coat. Place between well-buttered fine wire broiler; broil over a clear red coal fire, or under gas flame until juices flow, about eight minutes, turning while broiling. Serve at once; garnish with watercress.

PAN BROILED OYSTERS

Drain large oysters in colander; dry in a clean napkin. Lay on a hot buttered griddle or fryer. Brown quickly on both sides by shaking griddle.

Serve at once on slices of hot buttered toast. Pour liquor from griddle over oysters.

Have ready hot melted butter; add pepper, salt, a little lemon juice and some finely-chopped parsley. Pour over oysters before serving.

GRILLED OYSTERS

Use large plump oysters (plants). Drain in colander, wipe on soft towel. Melt sufficient butter in a frying pan to grease bottom thoroughly; when piping hot, drop in oysters; fry quickly for a moment or two, shaking pan briskly. Leave oysters only long enough to heat on both sides.

Remove oysters quickly to a fine wire broiler, place over red hot coals or under gas flame, brown lightly on both sides.

Have ready slices of buttered toast, cover with oysters, moisten with a little of the oyster liquor that has been heated in the buttered frying pan. Garnish with slices of lemon and watercress.

SMOTHERED OYSTERS

Drain oysters thoroughly. Heat an iron skillet over a very hot fire; when sizzling hot, add oysters, shake pan until oysters boil

up a few times and are "plump." Add salt, pepper and a large lump of butter. A few drops of lemon juice may be added if desired.

Serve at once in a very hot dish. Accompany with toasted crackers. May be prepared in a chafing dish.

CREAMED OYSTERS

1 pint oysters
¼ teaspoon lemon juice
1½ cups Thick White Sauce (page 159)
¼ teaspoon Worcestershire
½ saltspoon celery salt

Drain, and heat oysters in a saucepan long enough to plump and curl edges. Add lemon juice, celery salt and Worcestershire to well-seasoned thick white sauce. Drain oysters, add to sauce. Serve on toast, in patty shells or ramekins.

CREAMED OYSTERS ON TOAST

Toast and butter as many slices of sandwich bread as required. Drain off liquor, and wipe dry sufficient oysters to cover toast slices. Season well with salt and pepper, and drop bits of butter on top. Place covered toast in a biscuit pan in a hot oven until edges of oysters curl. Pour over oysters and toast immediately upon taking from oven, the following

Sauce

Put in double boiler one and one-quarter cups rich milk or cream, one tablespoon butter, and one teaspoon finely-chopped parsley; let come to boil; thicken with two tablespoons flour rubbed smooth with a little cold milk; stir constantly until thick. Season with salt and pepper. Keep warm until ready to serve.

OYSTERS EN BROCHETTE

Wipe dry large plump oysters. Slice thin slices of breakfast bacon. Allow five oysters and six strips of bacon to each skewer. Alternate bacon and oysters on skewers, beginning and ending with bacon.

Hold skewers in an upright position by sticking the points in pieces of raw potato or bread.

Cook upright in a pan in a very hot oven. Serve at once; garnish plate with slices of lemon and parsley, and with an oyster shell filled with black butter.

Black Butter

Brown one-half pound butter in a saucepan, but do not get black. Add a few drops of lemon juice, a drop or two of tabasco, and one tablespoon Worcestershire. This quantity will serve ten portions.

OYSTERS A LA CASINO

Scrub and clean oyster shells or individual baking shells. Put a small lump of butter in each shell; add a tiny bit of very finely-chopped chives.

Lay five oysters in each shell, sprinkle with salt and pepper, then put two strips of thinly sliced breakfast bacon on top.

Bake in a piping hot oven, or under flame, to crisp bacon, about six to eight minutes. Serve at once in shells.

Clams may be prepared same as oysters.

SCALLOPED OYSTERS

1½ pints oysters
1 egg
¾ cup milk
1 tablespoon water
1 tablespoon chopped celery
2 tablespoons butter
Bread or cracker crumbs
Salt and pepper

Drain oysters, dip each one in beaten egg to which water has been added, then dip in crumbs. Put dipped oysters in buttered dish in layers, sprinkle salt, pepper and celery on top of each layer. Over whole pour milk and drop bits of butter on top.

Bake in moderate oven twenty-five to thirty minutes, until nicely browned on top.

SCALLOPED OYSTERS—SOUTHERN STYLE

1 qt. oysters
3 tablespoons chopped celery
1½ teaspoons salt
¾ cup bread crumbs
¾ cup cream or rich milk
⅓ cup butter
1 egg
Pepper

Drain oysters, put a thin layer of bread crumbs in bottom of a buttered baking dish; cover with half the oysters; sprinkle with salt, pepper and half the celery; drop bits of butter over. Make another layer of half the balance of bread crumbs, cover with balance of oysters and seasonings, dropping bits of butter over as before. Top with remaining bread crumbs and butter. Beat egg light, add cream or milk; when well mixed, pour over contents of dish. Bake about thirty minutes in a hot oven, browning top nicely. For small family, use half recipe.

DEVILED OYSTERS

1 pint large fat oysters
1½ tablespoons butter
2 tablespoons flour
1 tablespoon chopped parsley
1 cup thin cream or rich milk
4 drops Worcestershire
2 egg yolks
Salt and cayenne

Drain oysters, chop coarsely and drain again. Melt butter, stir in flour until bubbly, stir in the cream until thick and smooth; add salt, Worcestershire, cayenne, and parsley; add oysters and remove from fire. Stir in the well-beaten egg yolks.

Turn in a buttered baking dish, or individual shells, sprinkle with buttered bread crumbs. Bake in hot oven ten minutes until nicely browned.

OYSTERS WITH PEAS AND MUSHROOMS

1 can mushrooms
1 can tiny peas
½ teaspoon salt
1 pint small oysters
1 cup hot thick White Sauce (page 159)
1½ tablespoons butter
Dash pepper

Turn mushrooms with liquor in saucepan; add drained peas, add butter, season with salt and pepper; cook twenty minutes. Put oysters in another saucepan. Cook just long enough to plump, then drain and add to peas and mushrooms. Let cook just two minutes, drain off all liquor, mix oyster mixture with well-seasoned white sauce and serve at once. Nice to serve in noodle ring or spinach ring.

OYSTERS AND MACARONI

2 cups cooked macaroni
1 cup milk
⅓ cup buttered bread crumbs
1 pint oysters
2 tablespoons flour
2 tablespoons butter
Salt and pepper

Drain oysters. Break macaroni in two-inch pieces, boil in boiling salt water twenty minutes. Drain in colander, rinse with cold water, draining off all water.

Melt butter in saucepan, stir in flour until smooth, add milk gradually, stirring until well mixed but not too thick. Season with salt and pepper.

Put two alternate layers macaroni and oysters in baking dish, having top and bottom layer of macaroni. Sprinkle salt and pepper over each layer. Chopped pimentos may be added if desired.

Pour hot sauce over all, cover top with buttered crumbs. Bake and brown nicely, about twenty-five to thirty minutes.

ANGELO ON HORSEBACK

(Bureau of Fisheries)

Use three large oysters for each portion; wrap each oyster in a very thin, broad slice of fat breakfast bacon, then arrange on skewers; three wrapped oysters on a skewer, with about one inch space between each one. Dip skewers in following batter and fry in deep hot fat sufficient to cover.

Serve at once in center of hot flat platter, surrounded with triangular slices of buttered toast from which crusts were removed before toasting.

Batter

Beat one egg well, stir in one-half cup milk, then stir gradually three-quarters cup sifted flour, add pinch salt and one-quarter teaspoon baking powder. Mix well.

OYSTER CUTLETS

50 oysters
1 teaspoon minced parsley
½ teaspoon pepper
1½ teaspoon salt
1 cup oyster liquor
¼ cup butter
3 egg yolks
4 tablespoons flour

Cook oysters in own liquor until plump and edges curl; drain and chop, then drain again. Reheat required quantity of drained oyster liquor, add butter, parsley, salt and pepper to season highly. Rub flour smooth with a little oyster liquor or water; add to cooking liquid, stirring until smooth.

Stir slightly beaten egg yolks into drained, chopped oysters, then add to mixture on fire. Stir until very thick. Remove at once, turn into flat platter, place on ice to chill and stiffen. Form into flat chops, pat in cracker meal until thoroughly covered. Fry in deep hot fat until nicely browned. Serve hot, with cream sauce. For small family use half recipe.

FRIED OYSTERS

Select large fat oysters, drain and dry carefully in soft towels. With a long-pronged fork, lift each oyster through the hard muscle part, dip in well-seasoned fine bread crumbs or cracker crumbs, then in beaten egg, then in crumbs again. (Use two eggs for one and one-half dozen oysters. Beat eggs slightly, adding one tablespoon cold water.) See that oysters are well coated with crumbs.

Have ready a deep frying pan with plenty of smoking hot fat.

Put in only enough oysters to cover bottom without crowding, or place oysters in frying basket and immerse basket in hot fat. Fry quickly, crisp and brown. Drain and serve at once, garnished with parsley or watercress.

FRIED OYSTERS—SOUTHERN STYLE

1 pint oysters
1 egg
⅓ cup milk
Sifted flour
Fine bread crumbs

Select large fat oysters, drain and dry carefully between soft towels. Pat one by one in sifted flour seasoned with salt and pepper, until oysters are thoroughly dry and lightly dusted with flour. Beat egg slightly, add milk. Dip each oyster separately in egg mixture, holding with a fork passed through tough muscle part. Drain off as much liquid as will drop off, then roll in fine bread crumbs until well coated.

Pat oyster flat with the hand. Fry quickly in deep hot fat to a golden brown. Serve at once with tomato catsup, Worcestershire and dill pickles.

OYSTER PIE

1½ pints oysters
2 hard-boiled eggs (chopped coarsely)
2 tablespoons butter
¾ cup finely-rolled bread crumbs
1 cup oyster liquor
1 teaspoon minced parsley
1 tablespoon finely-chopped celery
Salt and pepper

Line bottom and sides of a buttered shallow baking dish with rich pastry rolled one-eighth inch thick. Prick pastry with a fork to prevent puffing. Bake in a hot oven until very light brown.

In the meantime, cook oysters just long enough to plump and curl edges; drain off liquor and put aside. Add chopped eggs to oysters; season highly with salt, pepper, parsley and celery.

Dust baked crust with flour, then put in it two alternate layers of oyster mixture and bread crumbs. Cut bits of butter over top, then pour reserved oyster liquor over all. (If there is not one cup liquor, add milk.)

Cover top with pastry crust, make a small hole in center for steam to escape. Press edges down carefully, then brush top with beaten egg yolk.

Bake in moderate oven, browning top nicely, about twenty-five to thirty minutes.

CHAPTER X

MEATS

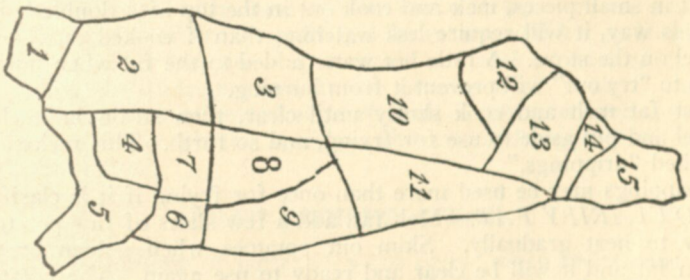
BEEF

The term meat, as we use it, means the flesh of animals suitable for food.

Very few housewives, especially the younger ones, know which cut of beef to purchase for the various ways of preparation. Why purchase expensive cuts for stews and pot roasts when the less expensive ones will answer the purpose just as well?

Then again, if one purchases the toughest part of the beef for steak, there will be much disappointment when it is served broiled for dinner.

The following cut shows the divisions of beef, naming each cut, and for what purpose it may be used to best advantage.



No. 1.—Neck (economical). Used for stews or soups.

No. 2.—Chuck (economical). Used for stews, steak or pot roast.

No. 3.—Prime ribs, first and second cut (expensive). Used for roast.

No. 4.—Shoulder clod (economical). Used for pot roast, soups.

No. 5.—Fore shank (cheapest). Used for soups and stews.

No. 6.—Brisket (medium). Used for pot roast, stews, soups.

No. 7.—Short ribs (economical). Used for roast or stews.

No. 8.—Plate (economical). Used for pot roast, stews.

No. 9.—Loin, T-bone, Porterhouse (expensive). Used for steaks.

No. 10.—Flank (economical). Used for flank steak, stews.

No. 11.—Rump (medium). Used for pot roast, stews.

No. 12.—Round (economical). Used for steaks, pot roast or stew.

No. 13.—Second cut Round (economical). Used for pot roast, stew.

No. 14.—Hind shank (cheapest). Used for soup, stew.

Always let your butcher send along the trimmings with your meat, as they may be used for soups, stews, and so forth. The fat may be "tried out" for frying.

The very best part of the beef for roasting is the middle sirloin and the first cut of the rib. The second and third cuts are good, but have more bone, hence are more expensive. The best cuts for broiled steaks are the Tenderloin, Sirloin, T-Bone and Porter-house.

When broiling steak, never cover the pan, as it makes the meat tough. Steaks should always be broiled over a quick fire.

Soaking a tough piece of meat for a little while in vinegar will make it more tender.

Round steak is made more tender by pounding the meat so as to rupture the connective tissues.

As soon as meat is delivered, it should be removed from the paper and put in a cool place. Never put meat directly on ice, as the direct contact draws out the juices.

Never wash fresh meat before roasting; if necessary, wipe it off with a clean, damp cloth.

Save and "try out" all scraps of fat that come with meat or poultry.

TO "TRY OUT" FAT.—If there is only a small quantity of fat, cut it in small pieces, melt and cook out in the top of a double boiler. In this way, it will require less watching than if cooked in a single vessel on the stove. A little hot water added to the fat when putting it on to "try out" will prevent it from burning.

Let fat melt and cook slowly until clear, then strain in a clean vessel and put aside to use for frying, and so forth. This melted fat is called "drippings."

Drippings may be used more than once for frying if it is clarified.

TO CLARIFY FAT.—Melt fat, add a few slices of raw potatoes, allow to heat gradually. Skim out potatoes when golden brown, strain fat and it will be clear and ready to use again. The potatoes absorb any odor and collect some of the sediment to themselves, the balance of the sediment will settle on bottom of pan, and the clear fat may be poured off.

Tenderloin and prime ribs of beef require quick, strong heat and are best broiled or roasted. The cheaper cuts require long, slow cooking to break apart the muscles and fibers. When cooked in this manner, they are appetizing and nutritious. Of the cheaper cuts, the "Round" is the most satisfactory and may be prepared in a variety of ways.

Steak should never be cut less than one inch to two and one-half inches thick.

Roasts should weigh not less than three pounds. Larger cuts are even better, because they retain the juices better.

Left-over roast may be used sliced cold, or for stews and casserole dishes, so in the end are more economical than the small cuts.

TO BROIL STEAK.—Wipe meat with a cloth wrung out in cold water; trim off outer skin and superfluous fat. Grease a wire broiler with some of the removed fat, then place meat in broiler. Broil over a clear red hot coal fire or under a gas flame, turning every few seconds for the first minute so as to sear the surface and prevent juice escaping.

After searing, turn only once on each side. Steak one inch thick will take ten minutes for rare, and fifteen minutes if wanted done. Serve on a hot platter. Spread with butter, and sprinkle with salt, pepper and chopped parsley.

BROILED STEAK

T-bone, tenderloin or sirloin is best for this purpose. A cheaper cut may be used, but it will not be as tender and will require slower and longer cooking.

Wipe meat dry, remove outside skin and some of the fat if there is a large quantity.

Grease broiler with some of the removed fat. Place steak on broiler over a clear fire or under gas flame; sear quickly on both sides to prevent juices escaping. Turn again and cook on both sides until done, ten to fifteen minutes for a medium thick steak if desired rare; allow a few minutes longer if steak is preferred well done.

Remove to hot platter, sprinkle with salt and pepper and spread with soft butter.

PAN-BROILED STEAK

Put a large lump of butter in a hot fryer; when melted and very hot, lay in steak. Cook first on one side, then on other until done (ten minutes for rare, fifteen minutes for medium). Spread with melted butter, pepper, salt and chopped parsley; place on hot platter.

Pour one-quarter cup water in the fryer in which steak was cooked, shake well; when water boils, pour over steak. Serve at once.

FRENCH BROILED STEAK

Secure a tender tenderloin or sirloin steak of required size; have it cut at least two inches thick.

When ready to cook, wipe with a clean cloth, then rub all over on both sides lightly with a clove or garlic, but do not let any of the garlic remain. Broil over hot coals or under gas flame. Season

well with salt and pepper, and a little finely chopped parsley. Squeeze a few drops lemon juice over. Cut a liberal lump of fresh butter over meat, run into a very hot oven just fifteen minutes. Serve at once on hot platter.

ROUND STEAK WITH ONIONS

2 lbs. top round steak
½ cup water
2 tablespoons drippings
3 large onions, sliced

Pound steak until tender, dredge on both sides with flour, season well with salt and pepper. Heat fat in skillet, add meat, brown quickly on both sides, add water, let cook very slowly thirty minutes, until meat is tender. Add sliced onions, let cook until lightly browned. Serve on hot platter.

SMOTHERED STEAK

Select one-inch-thick round steak; make gashes with a sharp knife on both sides, or pound with a blunt instrument like a wooden potato masher. Dredge on both sides with flour. Melt two tablespoons fat in a casserole, or iron skillet having a tight-fitting cover.

Lay meat in hot fat, brown quickly on one side, then on other. Season with salt and pepper when turning.

Add one cup canned tomatoes, one-half cup cold water, one teaspoon chopped parsley, one-half large onion cut up. Cover tightly, let simmer slowly on back of stove or over slow fire two and one-half to three and one-half hours, until tender. Serve with own gravy.

ROUND STEAK IN CASSEROLE

Secure one and one-half to two pounds top round steak. Trim and cut in pieces ready to serve. Season with salt and pepper, dredge with flour.

Heat one-quarter cup drippings in a skillet, add steak, fry brown quickly. Remove to casserole.

To the fat in skillet, add one cup water, stirring constantly; when beginning to boil up, add one-half cup canned tomatoes. Season well with salt, pepper; add one tablespoon chopped parsley. Let cook slowly ten minutes, then pour over meat in casserole.

Put casserole in moderate oven, bake about one and one-half hours, until meat is tender.

Serve with boiled rice or potatoes.

BAKED STEAK

3 to 5 lbs. sirloin steak
2-lb. can tomatoes.
½ Spanish onion
1 lemon
1 green pepper
Salt and pepper

Secure sirloin steak, near hip bone, two and one-half to three inches thick. Bone may be removed if desired. Trim off outer skin. Place in baking pan, put slices of onion, lemon and green pepper on top after seasoning both sides with salt and pepper. Pour tomatoes over; let stand in refrigerator not less than two hours.

When ready to bake, cut butter in bits over steak and bake in hot oven thirty minutes for three-pound steak and forty minutes for five pounds. Do not cover pan while baking.

SPANISH STEAK

5 lbs. sirloin steak
¼ cup butter
1 cup hot water
½ cup tomato catsup
½ cup chili sauce
1 green pepper (sliced)
1 Spanish onion (sliced)
1 lemon (sliced)
¼ teaspoon Worcestershire
Salt and pepper

Select sirloin steak, near hip bone, two and one-half to three inches thick; have bone removed, if desired. Season on both sides with salt and pepper. Place meat in baking pan, pour chili sauce, catsup and Worcestershire over. Arrange slices of onion, pepper and lemon on top. Drop bits of butter over. Place pan in refrigerator two to four hours. When ready to bake, add water; bake forty to fifty minutes in hot oven. Do not cover pan while cooking.

PLANKED STEAK

Porterhouse steak is most suitable for planking. It should be about one and one-half to two inches thick. Put plank in oven to heat thoroughly, then rub with butter.

Wipe steak with damp cloth. If too much fat on it, trim off some.

Sear on one side in a very hot oven or under gas flame five minutes. Place on plank, cooked side down. Put a border of coarse salt around edge of plank to keep juices from running off.

Place plank with steak in hot oven, broil twelve to fifteen minutes, dependent on thickness of steak.

Have ready some hot, creamed potatoes, cooked carrot cubes, stuffed tomatoes or string beans. Remove salt and arrange vegetables to suit taste, around steak before serving. Potatoes should be squeezed through a pastry tube to form roses. Spread steak with

butter, season with salt and pepper and place plank on serving platter. Serve at once.

BROILED FILLET OF BEEF

Procure required quantity of fillet. Trim off skin and surplus fat. Flatten a little with a spatula or broad knife, season with salt and pepper, and brush with a little olive oil, or melted butter. Put on broiler over a hot red coal fire or near flame if gas or electric stove is used. Cook five to eight minutes on each side. Garnish with triangles of toast and watercress. Serve with any preferred sauce, or with melted butter.

BAKED FILLET OF BEEF

Select a short, thick fillet. With a sharp knife remove all skin, fat and ligament. Lard with thin strips of fat bacon. Sprinkle well with salt, pepper and a little flour. Put in baking pan, bake in a hot oven, without water, about thirty minutes. If baked in a gas or electric range, put near flame for first ten minutes to sear, then put a little further away from flame.

If meat is not larded, drop bits of butter over before baking, and put a few slashes in fillet with a sharp knife.

Serve with maitre de hotel butter or mushroom sauce poured over steak.

FILLET POMPADOUR

Procure two and one-half to three pound fillet of beef. Remove skin and trim nicely; cut in slices about one and one-half to two inches thick. Flatten pieces slightly on both sides, then fasten a strip of breakfast bacon around each slice with a toothpick.

Broil over a clear red coal fire or under a gas flame about five to eight minutes on each side, or place in baking pan and bake in a very hot oven.

Season with salt and pepper, and pour melted butter over.

FILLET KENSINGTON

Procure a two and one-half pound thick fillet. Remove skin and trim nicely. Cut into five or six small fillets. Flatten pieces slightly on both sides. Season with salt and pepper.

Place fillets in a flat pan on a hot stove, adding two tablespoons butter. Cook about five to six minutes on each side.

Serve on pieces of freshly toasted bread, with a spoon Sauce Bernaise (page 162) over each fillet.

STEAK WITH OYSTER FILLING

2½ to 3 lbs. tender top round steak
1 pint oysters
2 tablespoons melted butter
2 tablespoons oyster liquor
½ cup stale bread crumbs
½ cup canned tomatoes
¼ cup finely-chopped celery
1 teaspoon finely-chopped parsley
1 teaspoon finely-chopped onion
Salt and pepper

Secure top round steak, two and one-half to three inches thick; season with salt and pepper on both sides. Fold steak in half, then sew up like a pocket, leaving a hole large enough to put in following

Dressing

Drain oysters, add bread crumbs, celery, parsley, onion and butter; mix well, season well with salt and pepper, and moisten with oyster liquor. Fill steak with dressing, then sew up opening.

Heat three tablespoons fat in an iron pot or small roasting pan that has a tight-fitting top. When smoking hot, lay in steak, cover pot; brown steak (not too fast) on both sides. Pour in one cup cold water, cover pot tightly and leave on slow fire to cook two hours; add tomatoes and another cup water if other has been absorbed. Let cook one-half to one hour longer very slowly until steak is very tender. Serve with self gravy and accompany with browned potatoes and spinach.

MOCK DUCK

Pound two pounds round steak until tender. Dredge with flour, season with salt and pepper. Make dressing, spread over steak about one inch thick. Roll up and tie together. Put in roasting pan with one-half cup melted butter and two tablespoons water. Baste and cook in oven until tender.

Dressing

Melt one-third cup butter; add two cups rolled bread crumbs, one tablespoon finely chopped onion. Add one-third cup water, salt and pepper to taste; mix well in skillet on stove. Add one cup chopped pecan nuts, or cooked chestnuts, or one cup plumped oysters instead of nuts.

ROLLED FLANK STEAK

1 flank steak
1 teaspoon chopped onion
1 teaspoon chopped parsley
1 tablespoon chopped celery
1 egg
½ cup bread crumbs
1 tablespoon butter
Left over gravy or soup stock.
Salt and pepper

Secure a flank steak, have muscle removed, slash steak several times across the grain. Season well with salt and pepper. Mix bread crumbs, parsley, onion, celery, then add well-beaten egg and melted butter; if necessary, add a little soup stock to moisten a little.

Cover steak with dressing, roll, tie with string. Put in hot greased casserole or small baking pan; pour soup stock or gravy over. Cover and bake in moderate oven about one and one-half hours. Serve with Quick Tomato Sauce (page 160) poured over.

HAMBURG LOAF

Grind twice through meat grinder two pounds lean meat cut from round. Before meat is ground second time, add one-half small onion and two sticks celery and grind with it.

Add two whole eggs, two tablespoons melted butter, and three-quarters cup soaked bread from which water has been squeezed, or one cup bread crumbs. Shape in loaf. Season loaf, handling as little as possible.

Put in baking pan, pour one and one-half cups strained canned tomatoes, one tablespoon catsup, and one-quarter cup water over loaf.

Bake in hot oven thirty minutes, basting occasionally. Serve with own gravy.

HAMBURG PASTRY ROLL

1½ lbs. top round steak
1½ teaspoons salt
¼ teaspoon white pepper
½ teaspoon minced onion
¾ cup bread crumbs
1½ cups strained canned tomatoes
2 eggs
1 teaspoon minced parsley

Trim steak, run through meat grinder, add beaten egg and other ingredients except tomatoes. Mix lightly with a fork. Turn into a well-greased biscuit pan, shape into a long narrow loaf, pour tomatoes over, bake in moderate oven fifteen minutes, basting occasionally.

While meat is baking, make a biscuit dough of one and one-quarter cups flour, one and one-half teaspoons baking powder and one-half teaspoon salt, sifted together; mix in one-quarter cup shortening with finger-tips; mix to a soft dough with scant one-half cup milk. Roll dough in oblong sheet, then cover meat roll completely with it. Return to oven just long enough to bake and brown pastry, about fifteen minutes. Remove roll carefully to platter. Add one-half cup water and one tablespoon butter to pan; let boil up several times; serve as gravy to loaf. One-fourth cup tomato juice may be added to gravy if desired.

MEAT LOAF

1 lb. round steak
½ lb. lean pork
½ cup hot soup stock
½ cup hot water
½ cup finely-rolled crackers
2 tablespoons canned tomatoes
2 tablespoons catsup
2 tablespoons melted butter
1 teaspoon chopped onion
1 teaspoon chopped parsley
2 eggs
Salt and pepper

Grind meat, add well-beaten eggs, stir in soup stock; mix well. Add rolled crackers, butter, parsley and onion. Season highly with salt and pepper. Put in baking pan, shape into loaf. Pour tomatoes, catsup and water over, sprinkle lightly with bread or cracker crumbs, drop bits of butter over. Bake in moderate oven three-quarters hour, basting often.

HAMBURG MEAT BALLS

Secure required quantity round of beef or round steak. Remove skin and tendons. Run through meat grinder twice, as balls will be more tender. If onion flavor is desired, add a small piece onion to meat before putting through grinder. Season with salt and pepper. Use a fork to mix, handling as little as possible. Do not press balls tightly together as that makes them tough.

Heat a little butter in fryer; when hot lay in balls, browning lightly first on one side, then on other.

Balls require very little cooking, dependent on whether served rare or well done.

Remove meat to hot platter, add a little water to fryer, let cook up once and pour over meat.

Tomato sauce may be served with balls if desired.

PRIME RIBS OF BEEF

The first or second cut of rib roast is best for this purpose. Bones may be left in if preferred, or they may be removed by butcher and the roast rolled and tied with a cord.

Wipe off meat with a clean, damp cloth. Season well with salt, pepper and a little ginger. Rub with onion, and a little garlic if desired.

Place meat in roasting pan or biscuit pan in a very hot oven on top rack. Brown quickly on one side, then turn until all four sides are seared to keep in juices.

Continue cooking, reducing heat if using gas stove, or putting on bottom rack in coal range. Baste occasionally until roast is done. If a medium rare roast is desired, allow twenty minutes for first pound

and fifteen minutes for every other pound. If the meat is to be well done, allow twenty minutes for each pound.

When roast is ready to be served, remove to platter. Skim off fat if there is too much in pan, place pan on fire, stir in sufficient hot water to make desired quantity of gravy. Let boil up once or twice.

If thick gravy is preferred, stir a spoon of flour in hot fat before adding water.

POT ROAST

A brisket or rump roast is best for this purpose. From four to five pounds make a nice roast. Season meat all over with salt, pepper, paprika, a little ginger, and rub with a clove of garlic.

Heat a closely covered iron pot or other covered vessel. If there is any fat on meat, it will not be necessary to put any grease in pot. If there is not, put one tablespoon fat in pot. When pot is well heated, add roast. Add one bay leaf, two whole cloves, then place a whole peeled onion on top of meat. Brown entire surface of meat, then lower flame or set on back of stove to cook slowly.

Add one cup or a little more water, dependent on juice that has drawn from roast. Add one-half cup canned tomatoes. Let meat cook slowly three to four hours until very tender. The slow cooking makes meat tender. Pour self gravy over when serving.

Serve with Potato Pancakes (pages 177, 515).

BEEF ROAST WITH POTATOES

Second cut of rib roast is best prepared in this manner. Have butcher cut out bones, and roll up meat; tie with a cord to keep in place. Season well with salt, pepper, and a little paprika. Rub with onion, also a bit of garlic if desired. Sprinkle with flour.

Put in a hot roasting pan, add one cup hot water; bake in hot oven, basting often. Allow twenty minutes for each pound of meat if it is to be well done, or fifteen minutes if it is to be served rare.

Forty-five minutes before serving, add as many peeled potatoes as required, and baste often with gravy while cooking. Serve potatoes around meat, and pour gravy over. If there is too much fat, skim it off.

BEEF A LA MODE

3 to 4 lbs. top round
2 branches celery
1 onion, chopped
1 turnip, chopped
2 carrots, chopped
1 cup drippings
4 strips fat bacon
Flour
Salt and pepper

Select top round of beef. Make three or four holes in meat with a skewer, run narrow strips of fat bacon in the holes (this is called

larding). Fasten meat round with twine or skewers. Dredge both sides with flour; season well with salt and pepper. Use a deep iron skillet with top (German oven), or a casserole, for cooking.

Heat fat in pot, lay in meat; brown quickly on one side, then on other to keep juices in. Add vegetables. Add just sufficient water to half cover meat; keep pot tightly covered. Cook slowly and steadily three to four hours until tender. Remove meat to platter. Skim gravy; add flour to thicken if desired. Pour over meat.

CASSEROLE OF BEEF

1 lb. round steak or left over roast beef
1 cup white potatoes diced or scooped in balls
½ cup canned tomatoes
1 cup carrots cut in thin strips
1 cup water
1 onion cut in pieces
2 tablespoons flour
Salt and pepper

Cut meat in large dice pieces, season well with salt and pepper. Sprinkle with flour. Heat fat in hot skillet, add meat, stir until lightly browned. Pour in water, stir well until boiling; remove from fire, drain meat from liquid. Fill casserole with layers of meat and vegetables. Pour hot liquid from skillet over all. Cover tightly; bake in moderate oven three hours.

BEEF STEW

2 lbs. rump or thick round steak
3 cups water (about)
1 cup scooped carrot balls
1½ cups scooped onion balls
1½ cups scooped potato balls
½ cup peas
2 tablespoons fat
1 tablespoon chopped parsley
1 tablespoon chopped celery
2 tablespoons canned tomatoes
Flour to sprinkle
Salt, pepper
Ginger (dash)

Cut meat in two-inch cubes, season highly, sprinkle well with flour.

Heat fat in skillet, add meat, stir while browning outside quickly. Add water, parsley, celery, and tomatoes. Cook slowly three hours, then add carrots, onion balls and peas; cook three-quarters of an hour longer; add potato balls.

Cook about one-half hour longer until potatoes are done. Serve on flat platter with vegetables around meat. Pour gravy over all. If canned peas are used, add only fifteen minutes before serving. Care should be taken that meat and vegetables are tender, but not broken.

If left-over cooked meat is used instead of raw meat, it will not require browning before cooking, and should not be cooked so long before adding vegetables.

HUNGARIAN GOULASH

1 lb. lean beef
1 lb. lean veal
1 cup strained tomatoes
2 tablespoons fat
2 cups soup stock
1 large onion, diced
2 large potatoes, diced
2 teaspoons paprika
1 tablespoon flour
Salt to season

Heat fat, brown onion in it, add meat cut in large dice; brown gently all over, stirring occasionally. Sprinkle flour over; add paprika, salt and tomatoes. Cook a few minutes, add soup stock, cover and cook very slowly until meat is tender. Twenty minutes before serving, add potatoes; cook slowly until tender, not broken.

CAMP STEW

2 lbs. scrap beef bones
½ lb. lean pork
½ lb. lean veal (not too young)
¼ lb. liver
½ lb. beef
1 lb. white potatoes (peeled and diced)
5 tablespoons catsup
1½ tablespoons Worcestershire
2 lbs. can tomatoes
2 lbs. can corn
2 bay leaves
2 sweet green peppers (cut up)
1 large onion (finely cut)
1 large stalk celery (cut up)
½ lemon (sliced very thin)
4 teaspoons salt (about)
¾ teaspoon pepper (about)
Good dash cayenne pepper

Wash all meat well; cover with four quarts cold water. Add bay leaves, green pepper, salt, pepper and cayenne. Cook slowly and steadily three to four hours; then strain. Remove meat, cut in pieces (not too large), discard bones. (If camp stew is to be used at noon, it is best to prepare stock the day previous, and after straining, put stock and meat separately in refrigerator until next morning.)

Put strained liquor and meat back in soup pot. Add onion, corn, tomatoes, potatoes and celery. When beginning to cook, add catsup and Worcestershire. Cook steadily, but not too fast, three to four hours longer. Stew should be seasoned highly. It may be necessary to add more salt and pepper, according to taste.

Add lemon slices thirty minutes before removing from fire. Serve very hot with crackers.

MEAT BALLS WITH SPAGHETTI

1½ lbs. round steak
1 teaspoon chopped onion
2 tablespoons butter
2 lb. can tomatoes
2 cups broken spaghetti
1 egg
Salt, pepper

Grind meat and onion through fine meat grinder; add beaten egg, salt and pepper to season well, shape into balls. Cook spaghetti twenty

minutes in boiling salted water, drain; add butter, salt and pepper to season; keep hot.

Press tomatoes through fine sieve to remove seeds; cook with two teaspoons water, one tablespoon butter, one teaspoon sugar, salt and pepper to season, until reduced to one-half quantity.

Brown meat balls quickly on both sides in hot skillet.

Turn spaghetti on flat platter, lay meat balls on top, pour tomatoes over. Serve at once.

MEAT AND RICE EN CASSEROLE

2 lb. can tomatoes
1 teaspoon finely-chopped onion
1½ teaspoon salt
1 tablespoon sugar
3 cups ground meat or chicken
2 branches celery
3 cups boiled rice
1 tablespoon butter
Pinch pepper

Cook tomatoes, butter, salt, pepper and sugar together twenty minutes. Strain and put aside.

Line a well-buttered casserole or pudding dish with rice.

Run meat, celery and onion through coarse meat grinder. Add one cup strained tomatoes. Turn meat mixture in casserole lined with half the rice. Cover with balance of rice; press down from sides of dish if it is higher than meat mixture. Pour melted butter on top.

Bake in moderate oven about thirty minutes, browning nicely. Serve with balance of strained tomatoes or with tomato sauce.

BEEF A LA RUSSE

4 lbs. beef brisket (2nd cut)
3 qts. cold water
1 tablespoon cut up green pepper
1 small onion cut up
1 medium size hard cabbage
¾ cup strained canned tomatoes
½ cup cut up celery
White potatoes
Salt and pepper

Cut cabbage in seven or eight pieces, lengthwise; soak one hour in cold water with two tablespoons soda added.

Wash brisket, put in soup pot or large saucepan with tight-fitting cover. Cover with cold water, let come to boil, skim, then season highly with salt and pepper. Add celery, onion and green pepper; continue cooking slowly two and one-half hours, until meat begins to get tender.

Drain cabbage from soda water, rinse with fresh water, then drain again, being careful not to break pieces. Add to soup pot, cook, without stirring, forty-five minutes.

Have peeled as many medium size or small white potatoes as required. Add to soup pot, continue cooking for one-half hour, or

longer, until potatoes and cabbage are done, but not broken. Add strained tomatoes twenty minutes before serving.

Serve on flat platter, leaving meat in center and cabbage and potatoes around border.

CORNED BEEF

The best part of corned beef is the fancy brisket which has no bones in it, but has hard fat mixed in with the lean meat.

TO BOIL CORNED BEEF.—Wipe meat, tie in shape, cover with cold water, bring slowly to boiling point, then remove scum from top; continue to cook slowly until tender, three and one-half to four hours usually. When meat is tender, remove pot from fire, let meat partly cool before removing from water.

CORNED BEEF AND CABBAGE

Cook corned beef as directed; if very salty, change the water after boiling fifteen minutes. When meat is almost tender, add cabbage cut in large pieces; cover and cook until meat and cabbage are tender.

BRISKET WITH CHESTNUTS AND ONIONS

2 lbs. beef brisket
1 lb. shelled chestnuts
4 medium size onions (cut in quarters)
1 pint soup stock
2 tablespoons drippings
2 qts. cold water
½ cup vinegar
½ cup sugar
2 bay leaves
4 whole spice
Salt and pepper

Remove skin from chestnuts, soak in cold water one hour; drain. Cover brisket with cold water, add salt and pepper, cover tightly; cook slowly until meat is tender, about four hours; remove from water.

Heat fat, add onion, cover with top; cook slowly until onions are tender and lightly browned but not broken. Add chestnuts, soup stock, bay leaves and spice, salt to taste; cook slowly thirty minutes, add vinegar and sugar; cook thirty minutes longer.

Add brisket, let simmer on back of stove twenty minutes. Serve on large platter, putting chestnuts and onion around meat.

Balance of stock in which meat was cooked may be used for soup.

BRISKET WITH BEANS

3 lbs. brisket of beef
2 cups white navy beans
½ cup cut up celery
1 tablespoon chopped onion
¼ cup canned tomatoes
1½ teaspoon salt
¼ teaspoon white pepper
¼ sweet green pepper

Wash beans, soak in cold water two hours. Put meat in soup-boiler or large saucepan; add just sufficient water to cover. Add celery, onion, tomatoes, salt and pepper, to season well. Cook slowly while beans are soaking.

Add beans to meat, continue cooking slowly about three hours, until beans are done but not broken.

When serving, place meat in center of platter, serve beans and liquor around it.

There should be just about one cup liquor left. If there is a larger quantity, it may be strained and served as soup.

PICKLED OR CORNED BEEF

Five or six pound rump or brisket, first or second cut, is best for this purpose. Rub meat with one-eighth tablespoon rolled saltpeter to give red color. Rub all over with mixture of salt, pepper, one-quarter teaspoon ginger, one-quarter cup brown sugar, and one-quarter clove of chopped garlic. Place in crock, cover with a china plate to weight down, then cover with a cloth.

Leave in cold place for four to six days, turning meat over every other day. When ready to cook, cover with cold water. Cook slowly until meat is tender, usually three to three and one-half hours.

LAMB ROAST

Secure a leg or loin of young lamb. Wash and dry well. Rub with salt, pepper and a little ginger. Put in baking pan. Sprinkle with one-half teaspoon mustard; add one sliced onion, one cup canned tomatoes, one tablespoon catsup, one teaspoon Worcestershire. Sprinkle a little flour over all; pour in two cups cold water.

Bake in hot oven until meat is tender, basting with spoon occasionally, about three to three and one-half hours unless lamb is quite large.

ROAST MUTTON

Prepare same as roast lamb, but will require longer cooking.

BARBECUED LAMB

Shoulder or forequarter of young lamb with ribs is best for this purpose. Put in baking pan with one pint cold water to which one tablespoon salt has been added. Bake in hot oven until tender, basting often.

When meat is about three-fourths done, add three tablespoons vinegar to water and baste meat with it, then finish the cooking.

Serve with following:

Sauce

Heat one tablespoon butter in saucepan; add three tablespoons catsup, one tablespoon Worcestershire and two tablespoons Durkee's Salad Dressing. Mix well. Serve hot over each serving.

BROILED LAMB KIDNEYS

Soak kidneys in cold salted water one hour; clean, remove outer membrane, then split in half, but do not separate. Sprinkle with salt and pepper. Roll well in melted butter or olive oil.

Broil four minutes on each side in a wire broiler over a hot coal fire or under gas flame.

Arrange on hot platter, pour melted butter and chopped parsley over. Kidneys require cooking only very short time, as they soon toughen, and then require several hours cooking before becoming tender again.

ROAST CROWN OF LAMB

A crown of lamb is prepared from two loins of lamb having eight or nine rib bones in each. Have your butcher cut three to three and one-half pounds of the rib part of the lamb into a crown, by trimming off the fat and skin from the ribs, or "Frenching" them, by slicing in a straight line between each chop without separating any of them. Pin the crown together with a skewer, or sew with a few stitches. Cut the bone apart at the base between each chop, but be careful not to cut into the flesh.

Grind all meat and fat that was taken from chops; a little extra lamb may be ground along with it. Season chops and ground meat with salt and pepper. Place crown in baking pan, put ground meat in center of it. Cover center with one-quarter cup finely chopped celery and one-third cup canned tomatoes, sprinkle one tablespoon flour over, then one-half cup cold water. Roast in hot oven one and one-half hours, basting often. When serving, garnish ends of chops with fringed paper. Serve with border of green peas, potato balls and carrots around crown.

BROWN LAMB STEW

2 lbs. lamb meat
3 tablespoons fat
2 tablespoons flour
1 cup large diced carrots
1 cup large diced onion
1 cup large diced white potatoes
3 cups cold water
Pepper and salt

Cut lamb in pieces, sprinkle with flour; brown in hot fat, stirring occasionally. When nicely browned, add water, salt and pepper. Cook slowly until tender, two and one-half to three hours.

Add carrots, onions and potato; cook thirty minutes longer. If necessary, add a little more water to make gravy. See that it is well seasoned. One-half cup corn may be added with other vegetables if desired. Serve with own gravy.

LAMB OR VEAL STEW

2½ to 3 lbs. lamb rack, or young veal
1 cup diced carrots
1 tablespoon butter
1 teaspoon chopped parsley
1 teaspoon Worcestershire
½ can tomatoes
½ can corn
6 small onions
4 potatoes, cut in large dice

Use young veal or rack of lamb. Cook in covered saucepan; an old-fashioned iron pot with close-fitting top is best.

Put three or four slices breakfast bacon in bottom of pot. Season meat with salt and pepper, after cutting in pieces half the size of hand; or, if preferred, the meat may be left in one piece and cut when serving.

Brown slowly and evenly on both sides. Add onions and carrots one and one-half hours before serving. One hour before serving, add corn, butter, tomatoes, parsley, and Worcestershire. Add potatoes one-half hour before serving. Let simmer slowly until vegetables are done. If too dry, add a small quantity of water when adding potatoes. Skim off grease if necessary.

Care should be taken not to break vegetables by stirring. Meat should be served on a flat platter with vegetables and gravy around it.

PLANKED LAMB CHOPS

8 thick rib lamb chops
1 can asparagus tips
3 cups hot creamed potatoes
Crisp lettuce leaves

Trim skin from chops, scrape end of bone clear. Heat a large fryer very hot, put chops in, brown slightly on one side, season on cooked side with salt, pepper and melted butter. Heat hardwood plank in meantime very hot. Lay chops on plank, cooked side down, in a circle around edge.

Have potatoes creamed with plenty of hot milk and butter and well seasoned. Put potatoes in a mound in center of plank, leaving

chops around the outside. Pour melted butter over potatoes. Make fancy cuts in potatoes with end of a spoon.

Run plank in hot oven on the rack, or near flame in gas oven, to brown nicely, about fifteen minutes.

Place asparagus tips, buttered and heated, on lettuce leaves at ends of plank, or between chops, when ready to serve.

GRILLED LAMB OR MUTTON CHOPS

Secure thick rib chops, trim off outside skin and roll or "French" them as desired.

Make a paste by rubbing two tablespoons butter soft and creamy; add one-half teaspoon salt, a dash pepper and paprika, one-half tablespoon finely chopped parsley, and two teaspoons lemon juice. Mix thoroughly.

When ready to cook chops, rub them well on both sides with the butter paste. Place on a hot broiler under gas flame or over red-hot coals. Broil on both sides until tender, but not too done. Serve on hot platter with triangles of toast and balance of paste poured over.

RAGOUT OF MUTTON WITH FARINA BALLS

2 lbs. neck of mutton, cut in small pieces, or 2 lbs. mutton roast
2 cups hot water
1 large carrot (diced)
1 onion (in small pieces)
1 tablespoon butter
1 tablespoon flour
3 cloves
¼ bay leaf
1 teaspoon salt
¼ teaspoon white pepper
½ teaspoon minced parsley
1½ cup canned peas

Melt butter, add flour, let brown; stir in water gradually; add meat and all other ingredients except peas. Turn in a covered saucepan, add more seasoning if necessary, let cook slowly two and one-half to three hours until meat is very tender.

Fifteen minutes before serving, add peas. Serve with

FARINA BALLS

½ cup farina
1 cup milk
¼ teaspoon salt
1 egg yolk

Heat milk in double boiler, stir in farina, let cook one hour. Remove from fire, add salt and well-beaten egg yolk. Stir well, put aside to cool. When cold, form into balls, dip in beaten egg, then in bread crumbs. Fry brown in deep hot fat. Serve around ragout.

VEAL ROAST

Select young veal roast, wipe with clean damp cloth. Season with salt, pepper and a little ginger.

Heat one-quarter cup fat in iron skillet with tight-fitting top. Lay roast in hot fat, cut a small onion over it, sprinkle with a little flour. Pour one cup canned tomatoes and one cup water over all. Cover skillet tight, cook until roast is tender, basting occasionally and turning meat to brown on both sides. Veal should be cooked well done; requires twenty-five minutes for first pound, and twenty minutes every other pound.

STUFFED BREAST OF VEAL

Select a breast of veal and let butcher make a slit in it for stuffing. Wipe clean, season with salt and pepper. Soak three-quarters small loaf sandwich bread in cold water; squeeze as dry as possible.

Put two tablespoons fat in skillet, and one-half small onion cut fine; brown lightly, add soaked bread, stir until dry and bread leaves side of skillet. Remove from skillet, add two tablespoons finely chopped celery, one teaspoon chopped parsley, two tablespoons canned tomatoes, salt and pepper to taste, also a dash of ginger. Add two whole eggs and mix well.

Stuff slit in breast with this dressing, pin together tightly or sew up opening.

Heat one-quarter cup fat in skillet with tight top. Lay in meat, sprinkle with a little flour, pour in one cup water. Cover tightly, cook until meat is very tender; baste occasionally, turning to brown nicely on both sides. Requires two and one-half to three and one-half hours, dependent on size of breast.

VEAL STEAKS WITH MUSHROOMS

2 lbs. veal steaks
½ cup soup stock
2 tablespoons butter
1 tablespoon flour
1 can mushrooms
½ cup mushroom liquor
Salt and pepper

Broil steaks under gas flame or over clear red coal fire, browning evenly on both sides.

Heat butter, add flour, stir until brown; add mushroom liquor and soup stock, stirring until smooth. Season with salt and pepper. Drain mushrooms, cut in half, add to sauce; cook fifteen minutes. Pour over steaks when ready to serve.

VEAL LOAF

1 lb. lean veal
1 small piece beef fat or pork fat
1 cup soaked bread
1 cup strained canned tomatoes
½ cup cold water
2 tablespoons butter
2 sprays parsley
½ green pepper
1 branch celery
¼ small onion
¼ teaspoon Worcestershire
1 egg
2 hard-boiled eggs
Cayenne, salt and pepper

Run through meat grinder together, veal, fat, celery, onion, green pepper and parsley. Soak bread, squeeze dry, add to meat mixture. Season highly with salt, pepper, cayenne and Worcestershire. Add egg, well beaten. Mix well, turn into small biscuit pan, shape into loaf. Press peeled hard-boiled eggs, crosswise, into top of loaf, so they will be sliced along with it. Sprinkle top with a few bread crumbs, pour strained tomatoes and water over; drop on bits of butter. Bake in moderate oven, three-quarters to one hour, basting occasionally. Serve hot with self gravy, or cold, garnished with sliced tomatoes and lettuce.

CASSEROLE OF VEAL

Piece of veal 1½ to 2 inches thick
2 tablespoons butter
2 tablespoons chopped onion
1 tablespoon flour
1 tablespoon sherry wine
½ cup diced carrots
2 cups soup stock or water
Salt, pepper

Put butter in casserole; when hot, stir in onion, flour and carrots; let brown lightly, put in veal, add salt and pepper, pour in soup stock and any left-over gravy, or water. Cover casserole, bake in moderate oven until meat is tender, one and one-half to two and one-half hours. Baste occasionally. Ten minutes before serving, add sherry; leave off top and brown meat nicely.

BREADED VEAL CHOPS

Select rib veal chops, or loin chops. Wipe with damp cloth, dry well. Season with salt and pepper. Dip each chop in beaten egg, then in rolled bread crumbs or cracker crumbs. Fry golden brown on both sides in hot fat (not deep fat). Serve on hot platter with triangles of toast, sprigs of parsley and Quick Tomato Sauce (page 160).

VEAL BIRDS

Use veal cutlets, cut about one-quarter inch thick, have bone removed. Season with salt and pepper. Make bread or crumb dressing

same as for fowl, seasoning well with celery, parsley, salt and pepper.

Lay squares of veal on a flat surface, put a spoonful of dressing in center of each one.

Roll up squares, wrapping a thin strip of breakfast bacon around center of each; secure with toothpicks.

Sear bottom of iron oven or skillet with a little fat, lay in "birds," add one-half cup cold water, cover tightly so that steam will not escape. Cook one and one-half hours, let brown nicely. Serve with natural gravy.

VEAL ROSETTES

1 lb. ground veal
2 tablespoons rolled bread crumbs
1 teaspoon salt
1 teaspoon grated onion
Thin sliced breakfast bacon

Mix meat, crumbs, onion and salt together lightly; form into six or seven cakes. Fasten a strip of bacon around each cake with a toothpick. Place rosettes in a baking pan. Bake in a hot oven until meat is done and bacon crisp, about fifteen to eighteen minutes. Veal requires a little longer cooking than beef. Garnish with crisp parsley sprigs. Serve with new potatoes or green peas.

JELLIED VEAL LOAF

1½ lbs. veal steak
2½ cups cold water
½ small onion
1 tablespoon melted butter
1 teaspoon celery seed
1 teaspoon mustard seed
Salt, pepper

Wipe veal, cover with water, add onion and one-half teaspoon salt; boil until meat is perfectly done and soft, about two hours. Measure water in which meat was cooked; continue to boil down if more than one cup.

Grind meat through meat grinder; add celery and mustard seed, butter, salt and pepper to taste; add one cup stock in which meat was cooked. Mix well, press into pone shape, put in a small pan on ice five to six hours to congeal. When ready to serve, turn on flat platter. Garnish with lettuce leaves. Serve in slices with mayonnaise or catsup.

ROAST PORK

Select four- to six-pound pork roast, season well with salt and pepper, dredge with flour. Bake in moderate oven three to four hours, basting often with fat in pan. Pork requires longer cooking

than beef. It should be well done, but not cooked long enough to fall to pieces.

Serve with apple sauce.

BROILED PORK TENDERLOINS

Split the tenderloin, place under a hot flame to sear both sides and preserve the juices, then reduce to moderate heat; cook until meat is nicely browned and well done. Season with salt and pepper. Serve on hot platter.

Pork should always be served well done, but too much cooking dries up the meat and destroys the flavor.

BAKED PORK TENDERLOINS WITH SWEET POTATOES

Have tenderloins cut thick. Season with salt and pepper; brown quickly on both sides in a hot oven, then continue to bake more slowly fifty minutes, basting often.

Pare and parboil small sweet potatoes, slice if large; put in pan around tenderloins and cook, basting along with meat.

PORK CHOPS

Rib chops are best for this purpose. Have fryer very hot. If chops are very lean, rub a little fat over bottom of skillet, otherwise no fat will be required.

Season with salt and pepper and dredge with flour. Place chops in a hot fryer, cook and brown slowly on both sides.

BAKED SPARE RIBS

Wipe ribs with a clean damp cloth. Season with salt and pepper. Place in pan, add one-quarter cup water for each pound ribs. Bake one to one and one-half hours in a moderate oven until tender, turning over occasionally. If ribs are not brown and crisp when tender, put them on top rack of coal range or under a small gas flame to brown on both sides.

PORK SAUSAGE WITH APPLE RINGS

Prick sausages with a fork to keep from bursting. Place in frying pan, add a little bit boiling water, let simmer about ten minutes to allow water to evaporate, then brown in oven, or on fire. If there is

too much water, it must be drained off before browning sausages. Serve with

APPLE RINGS

Cook together to a syrup, one cup sugar and three-quarters cup water. Drop in carefully peeled and cored rings of hard apples cut one-quarter inch thick. Let rings cook slowly in syrup or they will break. They should look glossy and be tender when done.

BOILED HAM

Wash and scrub ham with warm water, soak a few hours or over night. Put on to boil, covering well with cold water. Boil slowly four to five hours, allowing twenty minutes for each pound. Let stand in water in which it was cooked, until cool. Remove skin carefully, place ham in baking pan, sprinkle with one cup brown sugar, stick in a few cloves. Pour one-half cup cider or sherry over ham. Bake in hot oven long enough to brown nicely. Serve hot or cold.

BAKED HAM

Wash ham thoroughly. Place in turkey roaster, add one quart cold water, place in fairly hot oven, bake until tender, allowing twenty minutes for each pound; test with a fork, baste occasionally.

Remove ham, take off outside skin, sprinkle with brown sugar and fine cracker crumbs, stick with cloves. Pour two tablespoons vinegar or home-made wine over it, put back in oven to brown, basting several times while browning. Serve hot or cold.

HAM ROAST

1½ or 2 lbs. raw ham
1 tablespoon flour
2 cups cold water
1 tablespoon fat

Have butcher cut ham in one thick piece, right through middle of ham.

Heat fat in skillet, or deep fryer that has a tight-fitting top. Lay in ham, brown nicely on both sides. Remove from skillet; brown flour in the hot fat. Add water gradually while stirring. When well mixed and boiling, return ham to skillet, put on back of stove or on slow fire, simmer slowly two hours.

Pour gravy over and serve with boiled hominy grits.

It may be necessary to add more water while cooking for gravy, if allowed to cook too fast.

JAMBALAYA

1 cup rice
3 cups boiling water
1 tablespoon chopped green pepper
1 tablespoon chopped onion
1 tablespoon tomato paste, or 1 large, ripe tomato, cut up
1½ cups cooked diced ham
2 cups cooked shrimp (cut up), or 2 cups cooked diced chicken
3 tablespoons bacon grease, or other fat
Salt to taste

Soak rice in cold water one hour. Heat fat in fryer, add onion; stir until yellow, not brown. Add other ingredients (except rice and water); let cook about five minutes, until well blended with fat, then stir in boiling water. Add drained rice, cover vessel closely, cook slowly (stirring often) about forty to forty-five minutes, until rice is tender and well done. Add salt to taste. Serve on hot platter. Garnish with triangles of toast.

BROILED HAM

Cut thin slices crosswise from a raw ham, pare off outer skin, arrange on a hot broiler, broil four minutes on each side; or slices may be soaked one hour in lukewarm water, drained, wiped dry and then broiled three minutes.

HAM LOAF

2 cups cooked ground ham
1 cup rolled bread crumbs
1 cup strained canned tomatoes
1 tablespoon butter
2 eggs
¼ teaspoon dry mustard
¼ teaspoon pepper

Mix ham and crumbs together, add well-beaten eggs. Heat tomatoes, mustard, pepper and butter together. Add to ham mixture. Mix well. Let mixture cool, put in a small greased pan, shape in a loaf, sprinkle bread crumbs over and brush top with catsup. Bake in moderate oven about forty-five minutes, browning top nicely.

CREAM DRIED BEEF

1½ cup shredded dried beef, cut up
1 cup milk or cream
1 tablespoon flour
1 tablespoon butter
Pepper

Melt butter in saucepan, stir in beef just long enough to heat through, stir in milk or cream, add flour dissolved smooth in a little of the milk. Stir carefully until thick, season with pepper (beef is usually sufficiently salted).

Serve on slices of freshly toasted bread.

DEVILED SWEETBREAD

2 tablespoons butter
2 tablespoons flour
2 sets sweetbreads
1 teaspoon minced parsley
1 cup strained canned tomatoes
Salt, pepper, cayenne

Clean and skin sweetbread. Parboil until tender, cut in small pieces. Heat butter, stir in flour until bubbly and lightly browned; add strained tomatoes. Season well with salt, pepper and a dash of cayenne. Add parsley, then add sweetbreads to sauce; simmer slowly five minutes.

Fill ramekins with mixture, sprinkle bread crumbs and bits of butter over top; brown nicely in oven.

SWEETBREADS A LA CREOLE

Clean and parboil sweetbreads in slightly salted water until tender. Drain, cool and cut in quarters. Melt one tablespoon butter, stir in one tablespoon flour until blended, add one-half cup water drained from sweetbread. Add one teaspoon finely chopped parsley; add sweetbread, let simmer slowly fifteen minutes.

Mash two cups canned tomatoes through a coarse sieve, add two teaspoons sugar, one teaspoon vinegar, salt and pepper; cook fifteen minutes steadily. Turn sweetbreads in center of platter, pour tomato mixture over, surround with a border of freshly fried bread croutons.

BROILED SWEETBREADS

Scald sweetbreads, remove skin and membrane. Parboil until tender but not soft. Split in half crosswise, season with salt and pepper, rub with olive oil, broil over red hot coals, or under gas flame. Serve on hot buttered toast with Lemon Butter (page 161).

CREAMED SWEETBREADS

Clean and parboil sweetbreads. Make a medium White Sauce (page 159), season with salt, pepper and one-half teaspoon lemon juice. Add sweetbreads, cook five minutes.

Serve plain on toast, or as filling for patty cases or timbales.

BAKED SWEETBREAD

1 lb. sweetbread
1 teaspoon beef extract
½ cup boiling water
Salt and pepper

Select calf sweetbread, clean and parboil until tender. Drain, arrange in baking dish, brush over with melted butter.

Dissolve beef extract in boiling water, season with salt and pepper, pour over sweetbread. Bake in a quick oven, basting frequently. When a thick glaze is formed, remove from oven. Serve on toast or on platter.

Soup stock may be substituted for beef extract and water, but is not so tasty.

SWEETBREADS AND MUSHROOMS

1 can mushrooms, or 1 lb. fresh mushrooms
1 lb. sweetbreads
3 tablespoons flour
⅛ teaspoon pepper
1½ teaspoons salt
1½ teaspoons lemon juice
2 cups rich milk or cream
3 tablespoons butter
¼ teaspoon Worcestershire

Clean sweetbreads, parboil until tender in slightly salted boiling water. Drain, cut in dice pieces.

If mushrooms are large, cut in quarters, cook fifteen minutes in just enough boiling water to cover. Drain.

Melt butter in saucepan, stir in flour until bubbly, add milk or cream very gradually, stirring constantly until smooth. Add sweetbreads and mushrooms, season with salt, pepper, lemon juice and Worcestershire. Stir until thick.

Serve in casserole, ramekins, in center of a noodle ring, or in patty cases.

BOILED CALF TONGUES

Wash tongues thoroughly, boil in slightly salted water until tender (test by sticking with a fork). Drain and remove skin.

Heat two tablespoons butter or other fat in skillet, add one tablespoon finely-chopped onion, let brown lightly, add two tablespoons flour, stir until nicely browned, stir in one and one-half cups hot water. Season with salt, pepper, a little ginger, and a bit of garlic if desired, add one-half cup canned tomatoes. Cook mixture five minutes, add tongues, cover skillet, simmer over slow fire one-half to three-quarters hour. Serve with self gravy.

FRESH BEEF TONGUE A LA JARDINIERE

2 cups scooped potato balls
½ cup scooped carrot balls
1 cup small onions
½ cup diced celery
1 large, tender beef tongue
1 cup canned tomatoes
1 cup peas
2 cups string beans
Salt and pepper

Clean, then boil tongue in salted water until partly tender, but not done, one to two hours, dependent on size. Drain and remove skin, put drained-off water aside.

Make a bed of the vegetables in a skillet or large saucepan having a close-fitting top. Lay tongue on vegetables, pour tomatoes over, then add about one and one-half cups water in which tongue was cooked. Add pepper, and more salt if necessary. Cover skillet tightly, cook slowly about one and one-half hours until tongue is perfectly tender, and vegetables done but not broken. If canned peas are used, add only twenty minutes before serving. Serve tongue in center of platter surrounded by drained vegetables.

Brown two tablespoons flour in two tablespoons butter, add liquor in which vegetables were cooked, stir well, then pour over tongue and vegetables.

SWEET SOUR TONGUE

1 young beef tongue
½ onion (sliced round)
½ lemon (sliced round)
2 whole cloves
2 bay leaves
¾ cup vinegar
½ cup water
½ cup seedless raisins
¼ cup granulated sugar

Select a young beef or calf tongue. Boil in salted water until tender, one and one-quarter to two hours, dependent on size. Drain, peel off skin and set aside.

Cook vinegar, water, onion, lemon, cloves, bay leaves and raisins together ten minutes.

In the meantime, melt and brown sugar in an iron fryer or pie-plate, without water, being careful not to burn. Pour boiling vinegar mixture gradually into browned sugar, stirring until smooth.

Mix one and one-half tablespoons flour with just enough water to make smooth paste; stir into hot mixture.

Lay tongue in sauce, cover vessel, let simmer twenty to thirty minutes before serving. More sugar or vinegar may be added according to taste. Serve hot with sauce poured over tongue.

PICKLED TONGUE

1 beef tongue
2 bay leaves
½ small clove garlic (chopped fine)
⅛ teaspoon ground ginger
2 tablespoons salt
½ tablespoon chopped onion
¼ teaspoon ground pepper
¼ teaspoon fine saltpeter

Secure a large, tender tongue, wash well. Mix saltpeter, salt, pepper, ginger, onion and garlic together. Rub tongue all over with seasoning. Put tongue in a crock, add bay leaves. Cover crock with

a clean damp cloth. Turn a plate down over cloth, and put a weight on top. Keep in refrigerator from five to seven days, turning tongue over every day. When ready to cook, cover with cold water; cook until tender, three to four hours, dependent on size of tongue. Test by sticking with a fork.

Serve hot or cold as preferred. Saltpeter may be left off if preferred. It makes tongue a better color.

CALF LIVER AND BACON

Fry bacon slices crisp, remove from grease. Use young veal liver, remove thin outside skin and veins, slice one-half inch thick. Season with salt and pepper, dredge with flour. Fry a few onion slices brown in the hot fat, add liver; brown, not too fast, on both sides. Serve bacon slices around liver. Accompany with a dish of cooked fine grits.

BAKED CALF LIVER

A young veal liver is best for this purpose. Wash, remove thin outer skin and veins, season with salt and pepper, dredge with flour. Put whole liver in a casserole or small deep baking pan. Add two tablespoons butter or dripping, one tablespoon chopped parsley, one small sliced onion, and one and one-half cups strained canned tomatoes. Bake in moderate oven one to one and one-half hours, basting often.

Serve with self gravy over.

LIVER AND GIBLET PATTIES

6 large giblets
2 tablespoons butter
2 tablespoons flour
1 teaspoon finely-chopped parsley
1 tablespoon chopped celery
6 large chicken livers
1 cup rich milk, or cream
1 teaspoon Worcestershire
6 patties
Salt and pepper

Chop giblets very fine or run through coarse meat grinder. Chop livers, not too fine.

Melt butter in saucepan, stir in flour until bubbly, add milk or cream gradually; add parsley, salt and pepper to taste. Stir until beginning to thicken, add livers and giblets, cook slowly about fifteen minutes. Add Worcestershire. Have patties very hot, fill with hot mixture. Serve at once with green peas. May be served on toast instead of in patties.

STUFFED CALF HEART A LA JARDINIERE

2 tablespoons diced carrot
2 tablespoons chopped onion
1½ cups soup stock
1 tablespoon minced parsley
1 tablespoon chopped celery

Clean and wash young calf heart, split down center, stuff with crumb dressing. Pin with skewers, sew or tie in shape. Season with salt and pepper, dredge with flour. Brown on both sides in hot fat, adding onion, celery, carrots, and parsley. When heart is nicely browned, turn in a casserole or baking dish, add soup stock to vegetables in saucepan, let come to boil, then pour with vegetables over heart. Cover well and cook slowly in oven until tender, about one and one-half hours. Serve with self gravy.

FRIED BRAINS

Secure young calf brains. Soak in cold water thirty minutes, then clean and remove skin. Cut brains in pieces size of an oyster. Dip first in beaten egg, then roll in bread crumbs or cracker crumbs. Fry in hot fat (not deep fat) on both sides. Serve at once.

SCRAMBLED BRAINS AND EGGS

Secure fresh calf brains. Soak in cold water thirty minutes, clean and remove skin. Put a little butter in frying pan. When hot, lay in brains, cover and simmer about fifteen minutes.

Beat eggs light, add salt and pepper.

Chop brains in fryer with a spoon, add eggs. Stir together until well mixed and eggs are cooked but not stiff. Serve at once.

DEVILED BRAINS

1 or 2 sets brains
1 cup canned tomatoes
¼ teaspoon salt
2 tablespoons flour
1½ tablespoons butter
1 teaspoon minced parsley
Dash pepper

Clean brains, scald with boiling water, cut in dice. Melt butter, stir in flour until yellow, add tomatoes, parsley, salt and pepper, stir well, add brains. Cook ten minutes, tossing occasionally. Remove from fire, put in small ramekins or shells; sprinkle with rolled bread crumbs and bits of butter. Bake in moderate oven ten minutes, browning nicely. Serve with green peas.

SWEET SOUR BRAINS

1 or 2 sets calf brains
½ onion, sliced thin
½ lemon, sliced thin
1½ tablespoon flour
⅓ cup sugar
¾ cup cold water
½ cup vinegar
¼ cup seedless raisins
2 cloves
1 bay leaf

Select young calf brains, soak in cold water thirty minutes, remove skin and clean.

Cook together five minutes, water, vinegar, onion, lemon, bay leaf, cloves and raisins.

Add brains, cook thoroughly tender, but not broken. While brains are cooking, melt and brown sugar in a skillet or pie-plate, mix with sauce in which brains are cooking.

Moisten flour with just enough cold water to make smooth, add to sauce. Let cook ten minutes. Remove brains to platter, pour sauce over. Serve hot or cold as preferred, with creamed potatoes.

More sugar or vinegar may be added according to taste.

LUNG LOAF

1 calf lung
2 eggs
1 teaspoon chopped parsley
1 cup soaked bread
¼ cup canned tomatoes
1 tablespoon chopped celery
1 tablespoon melted butter
1 teaspoon chopped onion
Cracker crumbs
Salt and pepper

Cook lung until done, about two hours, in salted water after removing all gristle and tough part.

Grind through meat grinder, add soaked bread, and well-beaten eggs. Season with salt, pepper, onion, tomatoes, and parsley.

Turn in casserole, sprinkle cracker crumbs and butter over top. Bake in moderate oven twenty-five to thirty minutes, until nicely browned.

Serve with tomato sauce.

FRIED TRIPE

Secure honeycomb tripe; if not already cooked, boil until tender, two or three hours. Drain, wipe dry, cut in pieces for serving. Season with salt and pepper, dip in batter, same as Fried Chicken (page 137), or in beaten eggs and cracker meal. Fry in small quantity hot fat, browning nicely on both sides.

TRIPE A LA CREOLE

1 lb. cleaned cooked tripe
1½ cups cold water
1 cup canned tomatoes
½ small onion, chopped
⅛ teaspoon Worcestershire
1 tablespoon chopped olives
2 tablespoons butter
2 tablespoons cut up celery
3 teaspoons flour
½ teaspoon parsley
¼ teaspoon salt
Pinch pepper and cayenne

Melt butter, add onion, let brown slightly, stir in flour until yellow, add tomatoes, stir a few moments, add water, salt, pepper and cayenne. Let boil up, add tripe cut in narrow strips, about as long as finger. Cook slowly twenty minutes, add Worcestershire, celery, olives and parsley. Continue cooking about thirty minutes longer. If tripe is tough, it may be necessary to cook longer before adding other ingredients. If canned tripe is used, it will not require as long cooking.

BROILED BACON

Use very thin slices bacon. Place on fine wire broiler without crowding, put broiler over a dripping pan, place in a hot oven to crisp and brown, turning once.

FRIED BACON

Use very thinly sliced bacon. Place in hot frying pan without crowding, cook until crisp and beginning to curl up. Pour off grease occasionally while cooking. Drain before serving.

CHILI CON CARNE

2 cups fat
1 lb. can tomatoes
2 lbs. ground round steak
2 tablespoons chili powder
4 large onions, cut small
1 pint can kidney beans
1 pint cold water
1 tablespoon salt

Put fat in large saucepan, add onions, simmer until tender, but not brown. Add tomatoes, continue to cook slowly about fifteen minutes; add ground meat, salt and chili powder. Cook slowly and steadily two hours. Add kidney beans, rinse the can with same quantity of water, add to mixture. Continue cooking slowly fifteen to twenty minutes longer. More chili powder may be added if not seasoned sufficiently.

SAUSAGE MEAT

Pure pork sausage meat is best, this usually comes highly seasoned and requires no other seasoning. Shape into large flat cakes as they

get smaller when cooked. Cook in an ungreased hot skillet, browning evenly on both sides. Serve very hot with potatoes or sliced tomatoes.

LIVER SAUSAGE

Cover sausage with cold water, let come to boil, remove from water, prick to keep from bursting, put in a frying pan in a little warm fat, let fat heat after sausage is added, and brown sausage quickly on both sides.

RING AND VIENNA SAUSAGE

Wash sausages, cook in boiling water allowing ten minutes for small sausages and twenty minutes for large ones.

CHAPTER XI

POULTRY

In selecting poultry, always choose those that are fresh and fat. A yellow-skinned fowl is usually fatter and more tender and juicy than the white- or blue-looking one, and a hen fowl usually has a finer flavor than a male fowl.

Chickens, only, should be scalded to remove feathers; other fowls and game are best picked dry, then singed by holding over a piece of twisted, burning newspaper, a gas or other flame, to remove the down and pin-feathers.

TO PREPARE A FOWL FOR COOKING, cut off head, turn down the skin, and cut off neck quite close. Pull out windpipe and crop.

TO "DRAW" FOWL, OR REMOVE ORGANS, make an incision at the lower part of the breastbone. Cut off oil bag and remove entrails, putting aside the gizzard and liver. Remove gall (green) bag carefully from liver, for if it is broken it will make liver very bitter.

Make an incision through the thick part of the gizzard to the inner coat; pull off the inner bag and discard it.

Cut off the feet at first joint.

Remove with the hand, carefully, the lung and kidneys lying in the hollow of the backbone.

Wash fowl carefully, inside and outside. If it is to be cooked within a few hours, rub well with salt, pepper, paprika and a little ginger, if desired, to season.

If fowl is not to be cooked for a day or two, it is best to keep it in refrigerator without seasoning until six to eight hours before cooking, as salt tends to draw out the blood.

In boiling or roasting fowls whole, they should be "trussed," that is, draw the thighs close to the body, cross the legs at the tail end, and press them into the slit or opening there. Or the thighs may be drawn close to the body, the legs crossed and tied firmly with a string, which must be removed before sending to the table..

TO BROIL A FOWL, split the body down the back and press it open flat.

The giblets of a fowl are the gizzard, heart and neck, which are used for soups, stews, gravies, and so forth. Many cooks also add

the first thin joint of the wings to the stew. The feet may be added to soups, but must first be scalded with boiling water and the skin pulled off.

CARVING HINTS

In carving a fowl, the first requisites are a thin-bladed, long sharp knife, a short heavier knife for joint work, a strong two-tined fork, and a sharp pair of carving scissors.

Always place the meat or fowl to be carved on a dish large enough to turn the meat without turning the dish; this will prevent the table-cloth from getting soiled, and the carving will be done with more ease.

Roast, ham and veal roast, should be sliced thin. Pork, mutton and lamb may be sliced slightly thicker.

In carving a fowl, first remove wings, then legs, then thighs or second joints. It will be easy now to slice the breast thinly off both sides of the fowl, or from one side only if the family is a small one. Never slice off more of the fowl, while hot, than is necessary for the one meal, as the slicing may be done to much better advantage after the fowl is cold.

ROAST CHICKEN

Select fat hen. Clean, singe and draw fowl. Season with salt, pepper and paprika. Stuff with any preferred dressing. Rub all over with butter or other grease if fowl is not fat. Put a large spoonful fat in baking pan, lay in fowl, sprinkle lightly with flour, cut celery and onion over, add one or more cups water. Bake in hot oven, basting often. Allow twenty-five minutes for each pound fowl.

POTTED CHICKEN

Clean, singe and draw fowl. Season with salt, pepper, paprika and a little ginger. Stuff with dressing if desired. Cut one whole onion and a handful of celery over. Heat a large spoonful fat in a deep skillet that has a tight-fitting cover. When hot, lay in fowl, let brown slowly on one side, then turn until browned all over delicately.

Pour in one cup cold water, cover tightly. Let simmer slowly until fowl is tender, time for cooking dependent on tenderness of fowl.

When done, remove fowl from skillet, skim off fat, stir in water for gravy if there is not sufficient remaining in skillet.

Serve with browned potatoes.

ROAST CAPON

Clean, singe, draw and season well, same as roast hen. Stuff with any preferred dressing. I prefer the simpler dressing, as capons are usually very fat and rich. They do not require rubbing with butter.

Place in a roaster, breast side down; cut pieces of celery and a little onion over. Pour in one-half cup cold water. Cover roaster closely, place in hot oven about fifteen minutes to steam. Reduce heat slightly and continue to cook until tender; turn breast up. Baste often while cooking, brown nicely and evenly all over. When fowls are very fat, they require less time to cook than others.

To make gravy, remove capon from roaster, skim off most of the grease, place roaster on top of oven, add about one-half cup hot water, let simmer two or three minutes. The cooked giblets may be cut up in gravy, if desired.

BROILED CHICKEN

Use only young chickens for broiling. Singe, remove pin-feathers, and clean thoroughly. With a sharp knife split down the back, beginning at neck and cutting straight down through backbone.

Press open, remove entrails. Wash, then dry thoroughly with towel. Rub with butter, season with salt and pepper. Broil in a well-greased broiler over a red coal fire, or under gas flame, turning often. Broil about twenty minutes, watch carefully, and brown both sides equally, basting occasionally with butter if fowl is too dry.

When done, pour melted butter over, to which a little chopped parsley has been added. Serve on freshly toasted slices of bread. Garnish with thin slices of lemon.

PAN-BROILED CHICKEN

Use young chickens. Singe, remove pin-feathers. With a sharp knife split down from neck, cutting straight through backbone.

Press open, remove entrails; wash, then dry thoroughly with a towel. Season with salt and pepper. Have a greased skillet hot, lay in chickens, skin side down, cover with a pie-plate, put a heavy weight on top to press down tightly. Brown on one side nicely, then turn and brown other side.

When both sides are browned, remove weight, add one kitchen-spoon water and one-half tablespoon butter for each chicken; cover skillet and cook slowly about ten minutes on back of stove.

Serve on toast with self gravy, to which has been added chopped

parsley and a few drops Worcestershire. Garnish with thin slices of lemon.

BROILED CHICKEN NORMANDE

Clean and split broiling-size chicken down the back. Press open flat, season with salt and pepper, place in biscuit pan. Add one tablespoon minced onion, two tablespoons minced green pepper, one tablespoon minced celery. Cover chicken with very thinly-cut strips breakfast bacon, place in a hot oven and bake, basting occasionally until tender.

Serve chicken with the following

Sauce

3 tablespoons butter
3 tablespoons flour
1 teaspoon tomato catsup
1¼ cups sweet cream
Salt and pepper

Melt butter, stir in flour until blended, add cream gradually, stir until slightly thickened. Season with salt and pepper. Add catsup just before removing from fire. Pour over chicken when serving.

SMOTHERED CHICKEN

Chickens just a little larger than for frying are best for this purpose. Clean, then split down the back, same as for broiling. Season with salt, pepper and a little paprika.

When ready to cook, heat a little fat in the bottom of a baking-pan. When hot, lay in chickens, skin side up. Sprinkle over top, one tablespoon flour, add a tablespoon, each, onion and celery. Pour in one cup hot water or less, dependent on tenderness of chicken. Put pan in moderate oven, cover with another pan, to steam. Cook about one to one and one-quarter hours, until tender, turning occasionally. If chickens are not brown enough, remove cover and brown on both sides.

If there is not sufficient gravy left when chickens are done, remove chickens, set pan on fire, add a little water and let boil up once or twice.

BOILED CHICKEN

Clean a large chicken or hen; rub with salt, pepper and paprika. Cover with cold water, add several slices of onion and celery. Cook until tender, dependent on age of fowl. Boil down liquor if too much for gravy.

Skim off all grease, add one tablespoon butter, thicken with one or two tablespoons flour dissolved in a little cold water, add one tablespoon chopped parsley, then boil up several times.

Beat one egg yolk light, pour in hot gravy gradually while stirring.

Serve chicken on a bed of hot boiled rice; accompany with the gravy.

FRIED CHICKEN IN BATTER

All fowls are best when killed a day previous to cooking. Use young chickens, a little larger than for broiling.

Clean, disjoint and season chickens with salt and pepper. Dip each piece until well covered into the following

Batter

1 cup flour
⅓ cup milk (or water)
1 egg
¼ teaspoon salt
Dash pepper

Stir milk into flour until well mixed; add salt and pepper, stir in the egg and mix well.

After pieces have been covered with batter, drop into hot fat; do not fry too fast. Brown nicely on both sides.

There should be enough hot fat in skillet to cover bottom of pan about two inches.

PLAIN FRIED CHICKEN

Use young, tender chickens; clean, disjoint and season with salt and pepper. Dip each piece in beaten egg, then roll in sifted flour.

Fry golden brown (not too fast) on both sides in hot fat.

MARYLAND FRIED CHICKEN

Select young, tender chickens. Disjoint, season with salt and pepper. Dip each piece in beaten egg, then roll in sifted flour. Fry golden brown on both sides in hot fat.

Remove chicken from fat, put in covered vessel to keep warm over hot water.

Remove most of the fat from skillet, then brown two tablespoons flour lightly in remaining fat. Add one cup rich milk or thin cream gradually while stirring until smooth. Add salt and pepper to season. Pour over hot chicken.

BROWN FRICASSEE CHICKEN

1 roasting chicken
½ can tomatoes
1½ pints water
½ small onion
3 tablespoons flour
1 teaspoon salt
1 tablespoon chopped celery
1 teaspoon chopped parsley
4 tablespoons butter or fat
Pepper

Clean and disjoint chicken, season with salt and pepper, roll in flour.

Put fat in saucepan; when hot, add chicken; brown nicely, turning on both sides, then remove and put aside.

Add flour to fat, stir until lightly browned, add water gradually; add other ingredients. When mixture begins to boil, return chicken to saucepan; cover, and simmer over a slow fire until tender, about one and one-half to two hours. When ready to serve, arrange on platter, strain sauce over, and garnish with toast triangles.

ALABAMA CHICKEN WITH NOODLES

1 young hen or pullet
1 bay leaf
3 whole black pepper corns
1 tablespoon chopped celery
2 tablespoons diced carrots
1 tablespoon chopped onion
¼ cup butter
3½ cups hot water
1 cup thin cream
2 egg yolks
1 teaspoon chopped parsley

Clean and disjoint chicken as for frying. Season with salt and pepper and dredge (roll) with flour.

Heat butter in a large saucepan or skillet, add chicken to hot fat, turn often until golden brown; then add hot water, bay leaf, pepper corns, celery, carrots, parsley and onion. Cover vessel and let cook very slowly one and one-half to two hours or longer, dependent on tenderness of chicken.

Ten minutes before serving, remove chicken from stock and keep warm over hot water. Add cream to stock, let boil just a few minutes, then add egg yolks beaten lightly; stir until mixture comes to boil, but *do not* boil after adding yolks or sauce may curdle.

Serve chicken on large platter. Surround with a border of Broad Noodles (page 234), then pour the hot sauce over.

Hot creamed potatoes may be served around chicken in place of noodles.

CHICKEN WITH GOLDEN SAUCE

1 roasting hen
1 tablespoon finely-chopped celery
1 teaspoon finely-chopped parsley
2 egg yolks
1 tablespoon flour
2 cups broth from chicken
¼ cup sweet cream
2 teaspoons lemon juice
1 tablespoon butter
Pinch mace
Salt and pepper

Secure a fat hen; clean, disjoint as for frying, season with salt and pepper. Add sufficient water to cook tender; cook slowly three to four hours, dependent on age of fowl. When done (not cooked to pieces), remove chicken from stock, keep warm over hot water.

Skim, then measure two cupfuls stock, add parsley, celery, mace, lemon juice and butter. If not seasoned sufficiently, add more salt and pepper. Let boil fifteen minutes, then add flour mashed smooth in a little cold water; stir while cooking, ten minutes longer, until slightly thickened.

When ready to serve, beat egg yolks light, add cream, then add to hot sauce, stirring constantly until well heated. Do not boil or sauce may curdle.

Serve chicken on large platter surrounded by border of dry cooked rice; pour sauce over. Chicken may be cut from bones if preferred.

Chicken stock that is not needed for sauce, may be served as broth.

CHICKEN FRICASSEE, SOUTHERN STYLE

3 to 4 lbs. hen
3 pints cold water
1 small onion (cut up)
2 tablespoons celery (cut up)
¼ cup canned tomatoes
½ teaspoon parsley (chopped)
½ teaspoon salt (about)
Good dash pepper

Clean hen, disjoint as for frying, cover with water; add onion, celery, tomatoes, parsley, salt and pepper. Cook slowly and steadily three to four hours, being careful not to cook chicken to pieces. Liquor should boil down to about three cupfuls.

Remove chicken from stock, keep warm. Strain stock, skim off grease. Twelve minutes before serving, drop following dumplings in stock which has been reheated to boiling point:

Dumplings

1 cup sifted flour
¼ cup milk (about)
1 teaspoon melted butter
1 teaspoon baking powder
1 egg
Pinch salt

Break egg in flat platter, beat light with a fork. Mix flour, baking powder and salt together; sift into egg, stir; add milk until batter is smooth enough to drop from spoon; add butter. Drop by small tablespoonfuls in boiling stock, cover vessel and boil twelve minutes.

Serve chicken on hot platter with dumplings around it.

FRICASSEED CHICKEN WITH OYSTERS

1 young hen
1 pint oysters
¾ cup sweet cream
3 tablespoons flour
1 tablespoon butter
3 branches celery (cut up)
1 teaspoon chopped parsley
¼ teaspoon Worcestershire
Salt and pepper

Clean and disjoint chicken as for frying. Add water to cover; add celery, salt and pepper. Cook slowly until tender, not broken.

Remove chicken, continue cooking stock (if necessary) until reduced to two cupfuls. Add parsley and Worcestershire. Rub flour smooth with cream, add to boiling stock after straining. Stir until slightly thickened. Set sauce aside to keep warm.

Roll cooked pieces of chicken in flour, fry golden brown in hot butter (not deep). Remove to hot platter; drain oysters, drop them in the hot butter in which chicken was fried. Shake skillet until edges of oysters curl, then add to hot sauce. Pour sauce with oysters over chicken and serve at once.

CASSEROLE OF CHICKEN

1 young hen, or large chicken
2 tablespoons butter
2 tablespoons chopped onion
1 tablespoon flour
2 cups soup stock, or cold water
½ cup diced carrots
½ cup mushrooms
¼ cup finely-chopped celery
1 bay leaf
1 teaspoon Worcestershire
Salt and white pepper
Paprika

Clean chicken, disjoint as for frying. Season with salt, pepper and paprika.

Heat butter in casserole; stir in onion, flour and carrots; let brown lightly, then add chicken, bay leaf, celery and Worcestershire. Cook ten minutes. Pour soup stock over all. (Water may be substituted for soup stock, but is not so good.)

Cover casserole tightly, bake in moderate oven until chicken is tender, one and one-half to two and one-half hours, dependent on tenderness of chicken. Baste occasionally. Add mushrooms ten minutes before chicken is done. Remove top of casserole and let chicken brown on top.

DIXIE CHICKEN

1 large fryer, or smothering chicken
1 tablespoon cut up celery
1 teaspoon parsley
⅓ cup butter
½ cup thin cream
½ cup milk
Flour
Dash paprika
Salt and pepper

Melt butter in a baking dish or casserole; when smoking hot, lay in chicken which has been cleaned, disjointed as for frying, seasoned with salt and pepper and dredged with flour; let brown lightly. Add celery, parsley and paprika.

Pour cream and milk over chicken. Cover dish tightly, bake in hot oven until tender, about one and one-half to two and one-half hours, dependent on tenderness of chicken.

When tender, remove cover; let chicken brown nicely on top.

If milk has all cooked out, add one-half cup more when cover is taken off to brown chicken.

CREOLE CHICKEN

1 large smothering chicken, or young pullet
1 cup concentrated tomato soup
1½ cups boiling water
1 cup canned mushrooms (cut in half)
½ cup cut up celery
1 rounding tablespoon butter
1 tablespoon flour
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1 tablespoon chopped parsley
Salt and pepper

Clean chicken, disjoint as for frying. Season with salt and pepper, dredge with flour. Brown slowly all over in hot fat, keeping skillet covered while browning.

Melt butter in saucepan; add onion and flour, brown lightly. Stir in tomato soup and water, mix well. Add parsley, green pepper and celery. Let come to good boil, then add browned chicken. Cook very slowly about one and one-half to two hours, dependent on tenderness of chicken.

Cook mushrooms fifteen minutes in one-half cup liquor from can; add to chicken and sauce. Let boil up once or twice.

Serve on flat platter with part of sauce poured over and balance in sauce-boat.

FILLETS OF CHICKEN

3 to 4 breasts of frying size chickens
1 teaspoon minced parsley
1 teaspoon minced celery
¼ teaspoon paprika
⅓ cup butter
½ cup thin cream
½ cup milk
1 cup small canned mushrooms

With a sharp knife remove breast meat from the bones of uncooked chickens; there will be one piece from each side of the breast. Season well with salt and pepper; dredge with flour. Fry until delicate brown all over, in a little chicken fat or butter; remove and put aside.

Put butter in an earthenware or pyrex baking dish; when smoking hot, arrange fillets neatly in dish; add celery, parsley, paprika and mushrooms. Pour over all, the cream and milk (or all milk if cream is not convenient); cover baking dish tightly. Bake in a hot oven about forty-five minutes, or until chicken is tender. Remove top of dish and let fillets brown nicely on top.

Serve in baking dish, or on platter with sauce poured around border.

CURRIED CHICKEN

1 large fat hen
4 teaspoons curry powder
1 small onion
½ teaspoon salt
2 lb. can tomatoes
½ cup butter
Cayenne pepper

Clean and disjoint chicken as for frying. Brown butter in skillet, stir in onion, let brown lightly, add tomatoes, cook two minutes, add curry powder and seasonings. Put chicken in deep saucepan, add sauce, cover tightly, cook slowly and steadily three to four hours. Serve with hot boiled rice.

CHICKEN A LA KING

1 pint cooked chicken (cut in cubes)
1¼ cups sweet cream
¼ cup butter
1 cup canned mushrooms (cut in small pieces)
2 egg yolks
1½ teaspoons lemon juice
1 tablespoon celery (chopped)
1 tablespoon green pepper (chopped)
2 tablespoons flour
¼ teaspoon paprika
1 teaspoon salt
Dash pepper

Melt butter in saucepan; when hot (not brown), add green pepper, mushrooms and celery; stir while cooking five minutes. Add flour; when well mixed, add cream slowly, stirring until sauce thickens. Season with salt, pepper and paprika. Add chicken, mix well, set in double boiler, keep hot.

When ready to serve, add lemon juice and stir in slightly-beaten egg yolks, stirring just long enough for sauce to thicken a little, but do not boil as sauce may curdle. Serve in casserole or on toast.

CRAB MEAT A LA KING

Secure one pint fresh crab meat. Prepare same as "Chicken a la King."

CREAMED CHICKEN WITH MUSHROOMS

1 young hen, or 3 cups left over chicken or turkey
1 cup milk
1 cup canned mushrooms (cut in small pieces)
½ cup sweet cream
2 tablespoons butter
2 tablespoons flour
¼ teaspoon Worcestershire

Boil hen until tender in water seasoned with salt, pepper and celery. Drain. Remove skin and bone; cut meat in dice pieces.

Melt butter in saucepan until golden brown, stir in flour until bubbly, stir in milk gradually until smooth and thickened. Season with salt, pepper and Worcestershire. Add mushrooms and chicken, let cook slowly ten minutes. Stir in cream until mixture boils up once or twice, then remove from fire.

Turn in a casserole or baking dish, or individual ramekins. Sprinkle top with buttered bread crumbs and brown in hot oven.

SOUTHERN CHICKEN POT PIE

1 four lb. chicken
3 pints cold water
⅓ cup sweet cream
½ small onion
3 branches celery
3 tablespoons butter
4 tablespoons flour
3 teaspoons salt
⅛ teaspoon pepper
3 hard-boiled eggs

Clean and disjoint chicken as for frying. Cover with cold water; add onion, celery, salt and pepper. Cook slowly and steadily until tender. Remove from stock; cook stock until reduced to two cupfuls. Remove large bones from chicken, separate wing joints and cut larger pieces. Place in pyrex or other baking dish, cover with slices of egg.

Heat butter in saucepan, stir in flour until bubbly, add gradually two cups strained chicken stock, stirring until well mixed and smooth. Add cream, stir until thick. Add more seasoning if necessary. Pour sauce over chicken and eggs. Cover dish with following:

Crust

1½ cups flour
¼ cup shortening
¼ cup milk (about)
2 teaspoons baking powder
½ teaspoon salt

Sift dry ingredients together, mix in shortening with tips of fingers; add milk, mixing in with a fork; make dough just soft enough to handle. Roll out one-half inch thick, cover dish and edges with crust, prick with a fork and cut a small hole in center for steam to escape. Bake in moderate oven about twenty to twenty-five minutes. If there is any dough left, it may be cut with a tiny biscuit cutter, baked and served with pie, or the baking dish may be covered with pastry before putting in chicken, thus making crust top and bottom.

CHICKEN AND OYSTER PIE

1 frying size chicken
1 pint oysters
1 cup milk
2 hard-boiled eggs
½ teaspoon salt
1 tablespoon chopped celery
2 tablespoons butter
3 tablespoons flour
Pinch cayenne pepper

Clean chicken, disjoint, put in saucepan with sufficient cold water to cover. Add salt, cook until tender. Remove from water. Remove bones and cut meat in small pieces. Place in a deep baking dish.

Drain oysters, put them over chicken, add eggs cut in small pieces, celery, butter, salt and pepper.

Dissolve flour smooth in milk. Pour over contents of baking dish. Cover entire top carefully with rich pastry or puff paste;

cut a small hole in center to let steam escape. Bake in moderate oven about forty minutes.

By adding bones and skin of chicken to the water in which it was cooked, and cooking slowly until reduced, a nice cup of broth may be obtained.

INDIVIDUAL CHICKEN PIES

Clean and disjoint a hen or four-pound chicken as for frying; add just enough cold water to cover unless chicken is tough. Season with salt and pepper, add a few pieces of celery. Cook slowly and steadily until tender, remove chicken; skim off fat from stock, strain and measure; if there is more than two cupfuls, cook until reduced to this quantity.

Cut two and one-half cupfuls of the chicken meat, preferably white, in dice and put aside. Make a sauce of

3 tablespoons butter
4 tablespoons flour
2 cups chicken stock
⅓ cup sweet cream

Melt butter, stir in flour until bubbly, add chicken stock gradually while stirring constantly until beginning to thicken, then stir in cream until thick; add cut-up chicken and seasoning if necessary. Stir two minutes; set saucepan in hot water on back of stove to keep hot. Make biscuits of

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
⅓ cup shortening
⅔ cup milk (about)

Sift flour, baking powder and salt together, mix in shortening with tips of fingers; add milk gradually, mixing with a fork and handling as little as possible; dough should be just soft enough to handle easily. Roll out one inch thick on biscuit board, cut with round biscuit cutter, bake in a hot oven until lightly browned, about fifteen minutes. Remove from pan, split hot biscuits in half crosswise. Cover bottoms with chicken mixture, put on tops, then pour balance of chicken mixture over, or put filled biscuits around rim of platter and pour balance of chicken mixture in center. Serve very hot.

If there is more chicken than requried, the balance may be left on bones and used for stew.

ROAST TURKEY

Select a young gobbler or hen turkey, the fatter it is the more juicy it will be. Clean thoroughly; be careful to pick out all pinfeathers.

Do not let any fowl remain long in water, as it extracts flavor and juices.

Rub well with salt, pepper, a tiny bit of ginger, also with a bit of onion, and garlic if desired. Put in cool place for at least twenty-four hours.

When ready to bake, if fowl is not fat, rub outside well with butter or other fat.

Place in roaster with tight-fitting cover, or if not convenient, use a baking pan and cover with another one.

Cut a handful of celery over turkey, sprinkle with a dust of flour. Add one pint of water. Cover pan tightly. Bake in a hot oven, basting frequently. Turn fowl over if it browns quicker on one side than other.

Fowl should be stuffed, before baking, with any preferred dressing. Twenty minutes to the pound is the usual time allowed for baking.

Remove fowl from pan, skim off excess fat, put pan on top of stove, add three-quarters cup hot water for gravy.

Serve with cranberry sauce.

ROAST GOOSE

Clean, singe and draw fowl. Season well with salt, pepper, ginger, and rub with a bit of garlic. Stuff with bread or chestnut dressing, or any preferred dressing.

Place fowl in baking pan, sprinkle two tablespoons flour over. Cut a good-size onion and a handful celery over. Pour one pint water over all. Bake same as turkey, basting often.

Unless goose is fat, it will require somewhat longer to roast than turkey.

Make gravy same as for turkey.

HOW TO SKIN A GOOSE

Only a very fat or stuffed goose may be used for this purpose. After goose has been thoroughly cleaned, cut off neck, legs, thighs, and wings. Lay fowl on a biscuit board, back up, and with a very sharp knife make a slit straight down the back from neck to tail. Hold knife in right hand and loosen skin while you pull it off with the left hand.

When skin is off, leave it covered for thirty minutes with cold water, or put in refrigerator over night.

When ready to cook, cut skin in pieces about three inches square. Roll up these pieces, pin each one with a toothpick for

GOOSE CRACKLINGS

Put the rolled pieces of fat skin in a large saucepan or iron pot. If the goose is tender, add only one-half cup cold water; if not, add one to one and one-half cups water. Add pinch salt.

Cover vessel and cook (not too fast) until water is cooked out, then remove cover and continue cooking a little faster.

After cooking a while without cover and before the cracklings begin to brown, add the softer "linda" fat that was taken from the inside of the goose.

Cook faster now until cracklings are nicely browned and crisp.

Remove to platter, add some of the hot grease.

The cracklings become more crisp when cold.

The fat that is left in the saucepan is called "Rendered Goose Fat." It should be put in a stone jar or crock to be used for cooking.

GOOSE STEW

Disjoint and cut up goose, same as other fowls for stewing; or if a fat goose is used, it should be "skinned" first and the skin and soft fat put aside for making cracklings.

The breast and legs may be baked separately.

Wash pieces, season well with salt, pepper, a little ginger, a little garlic and onion. Cover with water, quantity dependent on tenderness of goose. Add a few branches celery.

Cook until tender (not to pieces), add a few sprigs of parsley while cooking.

When meat is tender, moisten two tablespoons flour with sufficient cold water to make smooth paste; stir in stew, cook fifteen minutes longer before serving.

Serve with boiled rice or creamed potatoes.

BAKED GOOSE BREAST AND LEGS

Take breast and legs of a fat goose (leave the skin on legs and thighs), season well with salt, pepper, a little ginger, and a bit of garlic, and onion. Cover bottom of a deep skillet with rendered goose fat. When very hot, add meat, pour in one cup cold water, or a little more if goose is not young. Cover skillet tightly, cook (not too fast) until meat is done. Test by sticking with a fork.

When brown on one side, remove cover, turn and brown nicely on other. May be served hot or cold.

The breast and legs may, if preferred, be seasoned as above and kept in a covered crock in refrigerator several days before cooking.

If reddish color is desired, rub with a little saltpeter when seasoning.

STUFFED GOOSE NECK

Cut the outer skin from the neck of a fat goose, making a round cut as near the head as possible, and another down as far as possible, so as to leave a long neck skin. Peel off like taking off a glove. Clean carefully, and sew up the smaller end.

Cut pieces of meat from different parts of the goose that is used for stew, also from outer edges of breast. Add about one-half cup of soft (linda) fat and a tiny piece garlic, a small piece onion, and two of celery. Run together through meat grinder, add half as much soaked bread as there is meat mixture. Season well with salt, pepper and a bit of ginger; add one beaten egg.

Stuff neck with mixture, sew up large opening. Prick outside with needle to keep from bursting.

Neck may be boiled in soup stock until tender, and then browned in goose fat, or it may be put in a covered saucepan with a cup of cold water added, set in oven and cooked and browned crisp slowly. Baste occasionally. Serve hot.

ROAST DUCKS

Secure young ducks, the fatter they are the more palatable they will be when cooked.

Clean, draw, and singe fowls, wipe inside and out with a damp cloth. Season well with salt, pepper, a bit of ginger, and rub with a little garlic if not objectionable.

Stuff with any preferred dressing. Place in roasting pan, cut a small onion and a handful of celery over.

Sprinkle a spoonful flour over. Pour one cup water over all. Cover pan tightly. Bake in a hot oven, basting often. Ducks require from one and one-quarter to one and one-half hours to cook unless they are tough, in which case, longer time will be required.

Make gravy same as for turkey. Serve with apple sauce.

ROAST SPRING DUCKS

Secure very young spring ducks; clean, dress and truss as other fowl. Season well with salt and pepper, and rub with a little onion. Cover each breast with very thin strips of breakfast bacon. Bake in a hot oven thirty to forty minutes, or longer, dependent on size of fowl. Baste every few minutes with drippings in the pan.

When ready to serve, cut ducks in half. Serve with currant jelly

and cauliflower roses. If ducks are not very young, they will require a little water in pan to baste with, after browning.

ROAST WILD DUCK

Draw and clean fowl; season with salt, pepper and paprika. Put aside to chill. If kept several days, fowl will be more tender.

Stuff with any preferred dressing. Heat one-half cupful fat in a closely covered deep iron skillet, lay in duck, one whole onion, and one-half stalk celery (this will help to remove some of the strong flavor).

Cover closely; turn frequently while browning all over. When brown, add one or more cups water, dependent on tenderness of duck. Cook slowly until tender.

Remove duck, skim off grease, stir one tablespoon flour in skillet, and if necessary add extra water for gravy. Boil up once before serving.

BROILED BIRDS, QUAIL OR SQUABS

Remove feathers without scalding birds; singe, wash, clean, and draw carefully. Split down the back with a sharp knife, then force open flat. Season with salt and pepper. Place birds on wire broiler, either under a gas flame, or over red hot coals, skin side down. When brown, turn and cook on other side. Time required on each side, about twelve to fifteen minutes. Arrange birds on freshly toasted bread and pour melted butter over. Serve on hot platter.

Garnish with parsley, red jelly and slices of lemon.

If skin is removed from birds before broiling, be sure and brush them all over with melted butter before broiling.

PAN-BROILED BIRDS, SQUABS OR QUAIL

Remove feathers without scalding. Singe, draw and clean well. Split down backs with a sharp knife, then press flat with a little force. Season with salt and pepper. Heat a spoonful or two of butter in a fryer. When hot, lay in birds, skin side down. Put a pie-plate or cover on top and press down with a heavy weight.

When nicely browned on one side, turn on other side; add a bit more butter if other is absorbed. When browned on both sides, add one-quarter cup water, cover pan without weight, place on back of stove to simmer slowly a few minutes before serving. Serve on hot toast, pour gravy over, and garnish with slices of lemon and crisp parsley.

POTTED SQUABS WITH CHESTNUT DRESSING

6 squabs
1 tablespoon cut onion
1 cup soup stock
1 cup water
2 tablespoons fats
1 tablespoon celery
Salt, pepper, paprika

Clean, singe and draw squabs, leaving them whole. Season well with salt, pepper and paprika. Stuff with Chestnut Dressing (page 154). Heat fat in a dutch oven or iron skillet with tight top. Lay in squabs, add onion and celery, cover closely, let brown slowly, turning when browned on one side. When lightly browned all over, add soup stock and baste frequently until tender. Cook one to one and one-quarter hours, dependent on age of squabs.

It may be necessary to add a little extra water while cooking. Serve with self gravy.

Squabs may be stuffed with oyster dressing if preferred.

BAKED SQUABS

6 squabs
4 tablespoons butter
3 tablespoons flour
Salt and pepper

Clean, singe and draw squabs, split down backs and press flat. Season with salt, pepper and paprika. Cream butter, mix in flour until smooth, then rub mixture all over squabs. Place in pan in hot oven, bake until tender and nicely browned on both sides, about forty minutes. Baste, while baking, with one-third cup water and two tablespoons butter mixed together. Garnish with triangles of toast, thin round slices of lemon and sprigs of parsley when serving.

POTTED QUAIL, OR BIRDS, WITH OYSTER DRESSING

Clean birds, remove entrails, season well with salt and pepper, then put in refrigerator to chill.

Allow three or four small oysters to each bird. Roll oysters lightly in well-seasoned bread crumbs or cracker meal. Stuff birds with the oysters, then with a needle and coarse thread sew up the opening.

Allow one tablespoon butter or fat to each four birds. Put fat in a closely covered iron skillet; when hot, lay in birds; brown nicely all over, turning occasionally, and cooking slowly about one hour.

If birds are young and tender, the liquor that comes from oysters will be sufficient to cook them; if not tender, add one-half cup water after they are browned, then let simmer slowly until done.

Remove birds from skillet, stir in one tablespoon flour, let brown, add one-half cup water if necessary to make sufficient gravy.

Drop in one dozen raw oysters just long enough to plump and curl edges. Pour gravy with oysters over birds when serving.

If liver dressing is preferred for birds, fry chicken livers just long enough to make tender, mash well, mix with equal quantity of soaked bread, season with salt and pepper, add one egg. Mix and use as dressing.

SQUABS OR QUAIL WITH ANCHOVY DRESSING

¼ cup anchovy paste
1 tablespoon melted butter
4 quail or squabs
½ cup rolled bread crumbs
Salt and pepper

Clean, singe, and draw birds, leaving them whole. Season with salt and pepper. Mix anchovy paste, bread crumbs, melted butter, season as necessary.

Stuff birds with dressing. Make two or three incisions in the birds, lard with strips of fat bacon, or put butter in gashes. Proceed same as for Potted Squabs with Chestnut Dressing.

SQUIRREL FRICASSEE

1 squirrel
2 cups cold water
¼ cup canned tomatoes
1 small onion, chopped
1 tablespoon chopped celery
1 tablespoon chopped parsley
½ tablespoon Worcestershire
2 tablespoons fat
Flour
Salt and pepper

Clean and wash thoroughly. Cut off legs, and cut other part of body in pieces. Soak in salted water one hour, drain, wipe each piece dry; season with salt and pepper, and roll in flour.

Heat fat in fryer, add onion, let brown lightly, add squirrel. When nicely browned, add water, celery, parsley, tomatoes, and Worcestershire. Cover and let cook slowly about two hours. If gravy is too thin, thicken with a little flour.

RABBIT FRICASSEE

Prepare same as Squirrel Fricassee.

FRIED RABBIT OR SQUIRREL

Use only young rabbit or squirrel for frying. Clean well, disjoint and cut body in pieces. Soak in cold salted water one hour, drain and wipe dry. Season well with salt and pepper, roll in flour, or cracker crumbs, then in beaten egg and crumbs again.

Fry in hot fat same as chicken. If game is not very tender, cover saucepan while frying.

OPOSSUM WITH SWEET POTATOES

After opossum is skinned, entrails removed and cleaned, season well with salt, pepper, cayenne and one tablespoon Worcestershire. Dredge with flour. Place in baking pan, add three cups cold water, or less if opossum is small.

Bake in moderate oven two and one-half to three hours, basting often until tender and brown.

Boil six or eight small sweet potatoes until tender; peel, cut in halves, place in pan with opossum thirty minutes before it is done.

Serve with baked apples. This is a real southern dish.

CHAPTER XII

STUFFING OR DRESSING FOR FISH, POULTRY AND MEAT

Always remember in stuffing fish, fowl or meat, that the opening should not be tightly filled; sufficient space being left to allow the dressing to swell.

When stuffing poultry, fill the opening in the body between the legs. Fasten slit with a skewer, or sew up with coarse thread. The thread should be removed before serving. If the dressing is soft, pat a little flour in end after the fowl is filled, or a peeled potato may be inserted in the opening to prevent the dressing from falling out. The fowl should be stuffed before baking.

CRUMB DRESSING

½ cup rolled cracker crumbs
½ cup stale bread crumbs
½ teaspoon chopped onion
1 teaspoon minced parsley
1 tablespoon finely-chopped celery
1 egg
¼ cup soft butter
¼ teaspoon salt
Dash pepper

Mix cracker and bread crumbs together, stir in butter. Add other ingredients to season. Add well-beaten egg, mixing well. Use for stuffing fish, meat, poultry or game.

EGGLESS CRUMB DRESSING

½ cup stale bread crumbs
½ cup rolled cracker crumbs
1 tablespoon minced celery
¼ cup soft butter
¼ cup hot water
3 drops onion juice
Salt and pepper

Mix bread and cracker crumbs, stir in butter, add water and seasonings. Mix well. Use for stuffing meat, fish or poultry. Double quantity of ingredients if fowl is large.

BREAD DRESSING

2 cups stale cut up bread, or ¼ loaf sandwich bread
1 tablespoon butter
1 teaspoon minced parsley
3 tablespoons drippings
1 tablespoon, each chopped onion and celery
2 eggs
Salt, pepper, paprika

Soak bread in cold water, squeeze dry. Heat drippings, add onion, stirring until light brown; add bread, cook while stirring until it leaves skillet clean. Turn into a bowl, add seasonings, butter and well-beaten eggs. If dressing is too dry, add a little soup stock or water, it should be moist but not wet.

OYSTER DRESSING No. 1

2 cups rolled bread crumbs
¼ cup soft butter
1 pint small oysters
2 eggs
1 tablespoon chopped celery
1 teaspoon minced parsley
Salt and pepper

Drain oysters from liquor. Mix crumbs and butter, add oysters and seasonings. Stir in well-beaten eggs. If dressing is not moist enough, add a little oyster liquor.

OYSTER DRESSING No. 2

Make a bread dressing, add one and one-half cups drained small oysters.

EGGLESS OYSTER DRESSING

1 cup rolled bread crumbs
3 tablespoons melted butter
3 tablespoons oyster liquor (about)
1 pint small oysters
2 teaspoons minced parsley
½ teaspoon salt
Pepper

Remove tough muscle from oysters, then add crumbs, seasonings and butter; moisten with oyster liquor. Double quantity of ingredients for large turkey.

GIBLET DRESSING

1½ cups rolled crackers
1 tablespoon chopped celery
1 teaspoon each, chopped onion and parsley
Giblets and livers
Salt and pepper

Boil giblet and liver of turkey or other fowls in slightly salted water until well done. Drain and chop fine, or run through a coarse meat grinder. Add rolled crackers and seasonings. Moisten with water in which giblets were cooked.

NUT DRESSING No. 1

1½ cups rolled crackers (not too fine)
2 tablespoons melted butter
¾ cup finely-chopped pecans, or walnuts
Soup stock
Salt and pepper

Mix crackers, nuts and butter; add seasoning. Moisten with soup stock. Use for stuffing poultry or birds. Double quantity of ingredients for large fowl.

NUT DRESSING No. 2

Add one cup rolled nuts to Crumb Dressing before stuffing fowl.

CHESTNUT DRESSING No. 1

1 lb. shelled chestnuts
1 tablespoon soup stock
2 tablespoons butter
2 tablespoons cream
1 teaspoon salt

Cover chestnuts with hot water long enough to soften shells, drain, and with a sharp knife remove shell and inner skin. Cover chestnuts again with boiling water. Cook until perfectly tender. Drain, press through ricer or fine sieve, add cream, melted butter, soup stock, and salt to season well. Mix thoroughly. If soup stock is not convenient, more cream may be used. The dressing should not be too soft.

CHESTNUT DRESSING No. 2

Make Chestnut Dressing No. 1, add to Crumb Dressing (page 152).

PRUNE AND CHESTNUT DRESSING

1 cup cooked prunes (cut up)
1 cup cooked chestnuts (cut up)
1¼ cups diced white bread (without crust)
1 tablespoon flour
2 tablespoons melted butter
2 tablespoons chopped celery
1 tablespoon minced onion
1 teaspoon minced parsley
Salt and pepper

Heat butter, brown onion lightly in it, add flour, then bread, stirring until heated, add chestnuts and prunes, stir until hot. Remove from fire. Add sufficient prune juice to moisten well. Add seasonings. Mix well. Use for stuffing goose or other fowl.

LIVER DRESSING No. 1

⅔ cup fowl livers
1⅓ cups rolled bread crumbs
⅓ cup soup stock (about)
2 tablespoons chopped celery
2 tablespoons melted butter
1 egg
2 tablespoons fat
1 teaspoon minced parsley
Salt and pepper

Heat fat, add livers, cook slowly until livers are tender, but not brown. Mash with the back of a spoon while cooking. Remove from

fire, press through coarse sieve, add crumbs, celery, parsley, salt and pepper to season well. Stir in butter, soup stock and beaten egg. Mix well. Dressing should be moist but not wet. Use half quantity of ingredients to stuff small fowl.

LIVER DRESSING No. 2

Make Bread Dressing or Crumb Dressing. Chop fine any fowl livers on hand, add to dressing. Mix well.

GOOSE LIVER SAUSAGE DRESSING

½ lb. goose liver sausage
1 large apple, chopped fine
¾ cup rolled bread crumbs

Skin sausage, mash until creamy, stir in crumbs, add apple. If not sufficiently seasoned by sausage, add more salt and pepper. Use for stuffing duck, goose or other fowl.

SAUSAGE DRESSING

1 cup finely-chopped sausage
½ cup finely-rolled crackers
½ cup soup stock or water
1 egg
1½ tablespoons minced celery
3 tablespoons melted butter
Salt and pepper

Use large or small cooked sausages as convenient. Remove skin, chop fine.

Mix butter with crackers, add beaten egg, celery and sausage. Stir in soup stock or water to moisten. Season to taste with salt and pepper. Use for stuffing any fowl.

APPLE DRESSING

3 medium size hard apples
½ cup rolled bread crumbs
½ cup finely-rolled crackers
¼ cup hot apple liquid
¼ cup melted butter
½ teaspoon salt
Dash pepper

Peel apples, cut in quarters, add one cup cold water; cover saucepan until apples are heated through, then remove top and cook until soft but not broken. Drain and put liquid aside to keep hot. Mix bread and cracker crumbs together, add butter. Stir in apples, salt and pepper. Mix in sufficient hot apple liquid to make mixture moist, but not wet. Use for stuffing duck or goose.

POTATO DRESSING

1½ cups hot riced potatoes
1 cup rolled bread crumbs
¼ cup melted butter
4 tablespoons sweet cream (about)
2 egg yolks
¼ teaspoon grated onion
1 teaspoon minced celery
Salt and pepper

Boil white potatoes, drain, peel and mash through ricer. Add melted butter, crumbs, celery and onion. Beat egg yolks and cream together, add to potato mixture; season highly with salt and pepper. Stuff fowl with mixture, fasten slit with a skewer, or sew up to keep dressing in.

SAUERKRAUT DRESSING

Use sauerkraut as it comes, from can or barrel. Use for stuffing duck or goose. The fowl must then be parboiled before baking in oven.

CHAPTER XIII

SAUCES AND GRAVIES FOR FISH, MEATS, POULTRY AND VEGETABLES

Sauces and gravies form an important part in the cooking of fish, meat, poultry and vegetables; in fact, the sauce is one of the main features of the dish, as it adds color, flavor and deliciousness to it. The fundamental ingredients of nearly all sauces are butter, flour, cream, milk, juices from fish, meat or poultry, or water, eggs and seasonings. Strained cooked tomatoes are used in the tomato sauces. The secret of making a good brown sauce is to brown the butter and flour well before adding liquid; it should be brown, and not black. Cream sauces should be creamy and rich, and not watery; yet should not be thick enough to look like paste.

All sauces should be smooth and not lumpy.

Left-over gravies add flavor to soups and stews and should never be wasted.

CARAMEL COLORING FOR SOUPS, GRAVIES AND ICINGS

1 cup granulated sugar ½ cup cold water

Put sugar in an iron skillet over fire, let melt and brown until almost black. Add water, let cook slowly while stirring until sugar dissolves, and liquid is a little thicker than water. If liquid gets too thick, add a little more water. When cool, put in a bottle and put aside for use.

A few drops of this liquid added to sauces or gravies, or to white icings, give them a rich caramel color, and will not change the taste.

BROWN GRAVY

Heat very hot, two tablespoons drippings in a saucepan, add one tablespoon chopped onion, brown lightly, add two tablespoons flour, stir until onion and flour are dark brown, but not black. Add three-quarters cup boiling water gradually, stirring constantly until sauce is smooth and slightly thickened. Season well with salt and pepper. If soup stock is used instead of water, sauce will have a better flavor. This sauce is nice to serve over left-over bits of chicken or meat; let the left-overs simmer twenty minutes in the hot gravy.

GIBLET GRAVY

Cover the neck, liver, gizzard and wing tips of any fowl with cold water, cook until tender, remove meat from water, reserving the liquid, and chopping meat.

Skim off two tablespoons fat from pan in which the fowl is baking, or use same quantity drippings; heat fat, add one-half tablespoon chopped onion, and two tablespoons flour; stir until nicely browned. Add one and one-half cups of the water in which giblets were cooked, stirring until smooth and well blended. Season with salt and pepper; add chopped giblets, let cook ten minutes. Serve hot with fowl.

Bechamel Sauce

2 tablespoons butter
1 cup milk
2 tablespoons flour
½ cup thin cream
Nutmeg
Salt

Melt butter (not brown), stir in flour until blended. Add milk and cream gradually, stirring until perfectly smooth and slightly thickened. Season well with salt and nutmeg.

Nice to serve over fried chicken; let chicken simmer eight minutes in sauce before serving.

Drawn Butter Sauce

3 tablespoons butter
1 cup hot soup stock or boiling water
1½ tablespoons flour
Salt and pepper

Melt two tablespoons butter, stir in flour until blended; add soup stock or water gradually, stirring until smooth and slightly thickened. Season with salt and pepper, add balance of butter cut in bits.

Serve over boiled or baked fish; nice also to serve over left-over chicken or meat. Let simmer a few minutes in sauce before serving.

Sauce for Left-Over Meat or Chicken

2 tablespoons butter or drippings
2 cups hot soup stock
½ cup strained cooked tomatoes
2 tablespoons flour
1 tablespoon chopped onion
2 tablespoons chopped celery
Salt, pepper

Heat butter or drippings, add onion, brown lightly, add flour, stirring until brown. Add soup stock or water gradually, stirring until smooth; add tomatoes, salt, pepper and celery. Add any left-over diced meat or chicken; cover saucepan, let simmer thirty minutes before serving.

Cream Sauce No. 1

2 tablespoons butter
2 tablespoons flour
1 cup milk
⅛ teaspoon salt
1 egg yolk
Dash pepper

Melt butter, stir in flour until blended, not brown; add milk gradually, stirring until smooth and thickened. Season with salt and pepper. Beat egg yolk in bowl, add hot sauce gradually, while constantly stirring.

Return to fire; stir constantly two minutes, no longer, so that sauce will not curdle. Serve over vegetables.

Cream Sauce No. 2

1 cup thin cream
1 egg yolk
2 tablespoons butter
1½ tablespoons flour
Salt and pepper

Scald cream, add butter; when beginning to boil, add flour rubbed smooth with a little milk. Stir until beginning to thicken, then pour gradually over beaten egg while stirring. Return to fire, cook carefully while stirring two minutes, then remove at once.

Thin White Sauce

2 tablespoons butter
1½ tablespoons flour
1 cup milk
⅛ teaspoon salt
Dash white pepper

Melt butter, stir in flour until bubbly, add milk gradually, stirring until smooth and thickened. The three white sauces are the foundation of nearly all vegetable and fish sauces.

Medium White Sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk
⅛ teaspoon salt
Dash white pepper
Dash paprika

Melt butter, stir in flour until blended, add milk gradually, stirring until smooth and creamy; add seasoning. Keep warm until ready for use.

Thick White Sauce

2 tablespoons butter
⅓ cup flour
1 cup milk
½ teaspoon salt
Pepper, paprika

Melt butter, stir in flour until well blended; add milk slowly, stirring until thick and perfectly smooth. Add seasoning, then beat until thick and glossing. Sauce must not be thick as paste; if necessary, add a little more milk.

Sauce Piquant

1 cup medium white sauce
1 tablespoon tomato catsup

Make medium white sauce, keep warm over hot water. Just before serving, add tomato catsup.

Serve over timbales or croquettes.

Egg Sauce for Fish

1 cup medium white sauce
2 chopped hard-boiled eggs
1 teaspoon lemon juice
1 teaspoon minced parsley

Make medium white sauce; while hot add parsley and lemon juice. Keep hot over hot water, add chopped eggs five minutes before serving, stirring carefully so that egg pieces will not be mashed. Serve over boiled fish. If preferred lemon juice may be omitted.

Quick Tomato Sauce

2 tablespoons butter
2 tablespoons flour
1 cup strained tomatoes
Salt and pepper

Melt butter, add flour, stirring until blended; add tomatoes and seasoning, stirring until thick.

Serve over steak, chops, meat balls, spaghetti, etc.

Creole Sauce

1½ cups strained canned tomatoes
2 tablespoons butter
2 tablespoons flour
2 chopped hard-boiled eggs
¾ teaspoon salt
6 chopped olives
1 small green pepper, chopped
1 teaspoon minced onion
1 teaspoon sugar
¼ teaspoon paprika
⅛ teaspoon pepper
Dash cayenne

Melt butter, add onion, brown lightly; stir in flour until blended; add tomatoes gradually, stirring until smooth; add all other ingredients except egg. Cook ten minutes while stirring until thick. Add egg just before removing from fire; stir in carefully so as not to break pieces.

MAITRE DE HOTEL BUTTER

4 tablespoons butter
3 teaspoons lemon juice
½ teaspoon salt
⅛ teaspoon pepper
2 teaspoons chopped parsley
Dash paprika

Mash butter soft, cream with salt, pepper, parsley and paprika. Add lemon juice, drop by drop, stirring constantly. Place on ice to chill thoroughly. Spread over broiled or planked fish, steak, chops or birds. Maitre de Hotel Butter may also be shaped into small balls and served over meat at the table.

LEMON BUTTER

¼ cup butter
1 tablespoon lemon juice

Mash butter soft, cream with lemon juice; add salt if necessary. Chill on ice until ready to serve. Serve over fish or meats.

PARSLEY BUTTER

2 tablespoons butter
1½ teaspoons minced parsley
1½ teaspoons lemon juice
¼ teaspoon salt
⅛ teaspoon paprika
Dash pepper

Mash butter soft; cream with salt, pepper, paprika and lemon juice; stir in parsley. Chill until ready for use. Spread over broiled fish, fillet or steak when serving.

Mint Sauce

3 tablespoons chopped mint leaves
2 tablespoons confectioner's sugar
⅓ cup vinegar
½ cup soup stock
½ cup cold water

Wash mint thoroughly. Mix water, soup stock, vinegar and sugar together until sugar is dissolved. Pour over mint leaves, mix well; heat on back of range thirty minutes before serving, but do not cook at all. Strain and serve with lamb roast.

Mint Extract Sauce

¾ cup vinegar (cider preferred)
⅓ cup sugar
½ teaspoon mint extract

Dissolve sugar in vinegar, add mint extract. If too strong, add a little water. Do not cook at all. Serve with lamb.

Horseradish Sauce

3 tablespoons grated horseradish
1 tablespoon vinegar
1½ tablespoons sugar
2 tablespoons flour
1 tablespoon finely-chopped onion
2 tablespoons fat
2 bay leaves
1½ cups soup stock, or water
1 clove
½ teaspoon salt
Dash pepper

Heat fat, add onion; when lightly browned add flour, browning together. Stir in horseradish, mix, then add soup stock or water gradually while stirring. Add balance of ingredients. Cook slowly fifteen minutes. More or less sugar or vinegar may be added to suit individual taste. Serve hot with cooked soup meat or brisket. Let meat simmer in sauce fifteen minutes before serving.

Sauce Bernaise

4 egg yolks
1 small onion, chopped
2 tablespoons soft butter (not melted)
½ teaspoon salt
1 tablespoon soup stock
2 tablespoons tarragon vinegar
Dash pepper

Add onions to vinegar; let simmer over slow fire until reduced to half quantity, strain and put liquid aside to cool. When cool, add egg yolks, each one separately, stirring well between each addition until mixture is perfectly smooth, then add butter gradually while stirring in briskly. Season with salt and pepper. Add soup stock. Cook in double boiler, stirring constantly until smooth and thick. Remove at once or sauce may curdle.

Serve hot over broiled fish, meat, or cold poached eggs.

Caper Sauce

⅓ cup capers
1 cup soup stock
2 tablespoons butter
2 tablespoons flour
Salt and pepper
1 teaspoon chopped onion

Brown onion in butter, stir in flour until brown; add soup stock gradually, stirring until smooth. Add seasoning and capers; heat to boiling point.

Serve with roast lamb or mutton.

Sauce for Timbales

2 cups sweet cream
⅓ cup sherry wine
2 tablespoons butter
3 tablespoons flour
Salt

Melt butter (not brown), stir in flour until blended; add cream gradually, stirring until smooth and thickened. Add salt and wine. Cook two minutes, remove at once from fire. Keep warm over hot water until serving time.

Serve over timbales.

Cream Mushroom Sauce

1 can mushrooms
2 tablespoons butter
2 tablespoons flour
¼ cup mushroom liquor
¾ cup thin cream
2 teaspoons lemon juice
½ teaspoon Worcestershire
Salt and pepper

Melt butter (not brown), stir in flour until blended; add mushroom liquor and milk gradually, stirring until smooth and slightly thickened. Add mushrooms, cut in quarters; add seasoning. Cook ten minutes gently while stirring. Add lemon juice and Worcestershire; cook five minutes longer.

Brown Mushroom Sauce

2 tablespoons butter
2 tablespoons flour
1¼ cups mushroom liquor or soup stock
1 cup canned mushrooms (cut in quarters)
1 tablespoon chopped onion
1 teaspoon chopped parsley
¼ teaspoon Worcestershire
Salt and pepper

Brown onion in hot butter, add flour until blended and brown. Add liquor gradually, stirring until smooth. Add mushrooms and other ingredients. Cook twelve minutes until mushrooms are tender. If there is not sufficient mushroom liquor, add soup stock or water. Serve hot over broiled steaks or chicken. To vary the sauce, add one-half teaspoon tomato catsup and one-quarter teaspoon beef extract while cooking.

Cucumber Sauce

1 large cucumber
2 tablespoons vinegar
1 cup heavy cream
⅓ teaspoon salt
Dash white pepper

Chill cucumber; pare, chop fine, drain thoroughly. Whip cream stiff, add salt and pepper; fold in vinegar and cucumber gradually. Serve with congealed salmon or fish.

Cocktail Sauce

3 tablespoons catsup
2 tablespoons chili sauce
1 teaspoon Worcestershire
2 tablespoons lemon juice
2 teaspoons grated horseradish
¼ teaspoon salt
2 drops tabasco

Mix ingredients together, serve chilled over cocktails.

Lobster Sauce

½ lb. cooked lobster meat
1 cup milk
1 teaspoon lemon juice
1 egg yolk
1 tablespoon butter
1 tablespoon flour
½ teaspoon Worcestershire
Salt and pepper

Melt butter (not brown), stir in flour until bubbly, add milk, stirring until smooth; add seasonings and lobster meat cut in small dice pieces. Cook ten minutes in double boiler. Keep warm over hot water until serving time; stir in beaten egg yolk just before removing from hot water.

Newburg Sauce

2 tablespoons butter
1 cup sweet cream
⅓ cup sherry wine
3 egg yolks
½ teaspoon salt
⅛ teaspoon paprika
Dash cayenne

Melt butter, stir in wine while cooking three minutes. Add cream gradually while stirring until mixed and heated. Add seasoning. Have egg yolks beaten light, stir constantly while adding hot liquid slowly. Cook, stirring constantly until slightly thickened. Be careful not to cook long enough to curdle sauce. Use for lobster or a shrimp Newburg.

Poulette Sauce

2 tablespoons butter
2 tablespoons flour
1 tablespoon lemon juice
1 teaspoon minced parsley
¼ cup finely-chopped mushrooms
½ cup sweet cream
½ cup chicken stock, water or oyster liquor
¼ teaspoon salt
3 egg yolks
Dash pepper

Melt butter, add flour, then mushrooms; stir until blended. Add liquor gradually, then add cream, stirring until mixture is smooth. Add other ingredients except eggs. Pour sauce gradually into well-beaten yolks, stirring constantly until well mixed.

Reheat in double boiler, stirring until thickened, being careful not to curdle sauce. Use with oysters, scallops, shrimp or crab meat, adding the fish food (except oysters) to sauce when adding mush-

rooms. If oysters are used, heat them in saucepan while shaking on a hot fire, until edges curl; drain and add to sauce just before removing from fire.

Cheese Sauce

Add one-half cup grated yellow cheese to Medium White Sauce (page 159), stir until cheese is melted. Add a few grains cayenne. Serve hot over cooked spaghetti, cauliflower, asparagus or potatoes.

Hollandaise Sauce No. 1

½ cup butter
½ cup boiling water
2 tablespoons lemon juice
4 egg yolks
⅛ teaspoon paprika
Salt to season

Dissolve butter in boiling water, without boiling; set aside to cool. Beat egg yolks slightly; add lemon juice, salt and paprika. Add cooled liquid while constantly stirring. Mix well; set in double boiler over fire, stirring constantly until mixture is thick as custard. Serve hot or cold over boiled fish, asparagus or salad.

Hollandaise sauce should always be cooked in a double boiler, the lower boiler containing hot water must not be allowed to boil, otherwise the sauce is apt to curdle.

If accidentally the sauce should curdle, put another egg yolk in a clean bowl; beat only long enough to break; strain curdled sauce gradually into yolk while constantly stirring. Put back on fire in double boiler and stir until thick.

Hollandaise Sauce No. 2

¼ cup butter
1 cup boiling water
2 egg yolks
2 tablespoons flour
1½ tablespoons lemon juice
Salt and cayenne
1 teaspoon chopped parsley

Melt butter (not brown), stir in flour, then add water gradually, stirring until smooth. Remove from fire, beat in egg yolks, one by one; add salt and cayenne. Cook in double boiler, stirring until thickened, no longer. Remove from fire, add lemon juice and parsley. Serve over fish, croquettes or timbales.

Lemon Sauce for Fish No. 1

1 cup water in which fish was cooked
2 tablespoons lemon juice
1 tablespoon butter
2 tablespoons flour
Salt and pepper

This sauce is used with boiled fish, the water in which fish was cooked having been well seasoned with celery, onion, parsley, etc. Strain water after removing fish; measure required quantity. Heat fish water, add flour mashed smooth in a little water, stir until smooth and thickened. Add butter and lemon juice and more salt and pepper if necessary; stir well.

Pour over cooked fish. Serve hot or cold as preferred.

Lemon Sauce for Fish No. 2

2 cups water in which fish was cooked
3 tablespoons flour
3 egg yolks
2 tablespoons lemon juice

Beat egg yolks light; add flour gradually, stirring until perfectly smooth. Add lemon juice; add strained fish liquid gradually while stirring. Cook in double boiler, stirring constantly until smooth and thick. Add more seasoning if necessary.

Oyster Sauce

2 tablespoons butter
4 tablespoons flour
1 cup milk
24 small oysters
½ teaspoon Worcestershire
½ teaspoon salt
Dash pepper

Melt butter (not brown), stir in flour until bubbly. Add milk gradually, stirring until very thick. Season with salt, pepper and Worcestershire.

Drain oysters, heat in saucepan just long enough to plump and curl edges. Drain again. Add to hot sauce; cook two minutes, no longer. If sauce is left standing after oysters are added, it will become thin. Use to fill patties or ramekins.

Oyster and Mushroom Sauce

2 tablespoons butter
3 tablespoons flour
1 cup mushrooms (cut in quarters)
¾ cup mushroom liquor
¼ cup sweet cream

Melt butter (not brown), stir in flour until blended. Add mushroom liquor gradually, stirring until smooth; add cream, seasonings and mushrooms. Stir while cooking twelve minutes. Drain oysters, heat in saucepan just long enough to plump. Drain again. Add to hot sauce just before serving time.

Serve over broiled steak, chops or chickens.

Chateau Sauce for Asparagus

2 tablespoons butter
2 tablespoons flour
1½ tablespoons lemon juice
1 cup asparagus liquor
½ cup heavy cream (whipped)
2 egg yolks
Salt and pepper

Melt butter, stir in flour until blended; add asparagus liquor gradually, stirring until smooth and thick. Add seasoning. Stir in well-beaten yolks briskly and remove at once from fire; set aside to cool. When sauce is cold, add lemon juice and whipped cream. Serve over hot or cold asparagus.

Sauce Del Monte for Artichokes

¾ cup sweet cream
½ cup milk
½ teaspoon vinegar
1 egg yolk
1 tablespoon butter
2 tablespoons flour
1 tablespoon lemon juice
Pinch salt

Scald cream and milk together in double boiler; add butter while heating. Rub flour smooth with a little milk; stir into hot mixture until beginning to thicken, then add lemon juice and vinegar carefully, stirring until mixed. Add salt. Remove from fire, stir into beaten egg yolk carefully. Serve hot or cold with French or Jerusalem artichokes.

Tartare Sauce No. 1

1 cup mayonnaise
1 tablespoon salt pickle (chopped)
1 tablespoon chopped capers
1 teaspoon chopped olives
1 teaspoon minced parsley
Tiny piece minced garlic
Tiny piece chopped onion

Mix all other ingredients with the mayonnaise. Serve chilled with soft shell crabs, fish or scallops.

Tartare Sauce No. 2

2 eggs
1 lemon, juice
¼ teaspoon dry mustard
1 tablespoon melted butter
1 saltspoon salt
Few grains cayenne
Cold water

Beat eggs light, mix in dry ingredients; add butter gradually while stirring. Pour strained lemon juice in a measuring cup, add sufficient cold water to make cup three-eighths full. Stir liquid gradually in egg mixture, mixing well. Cook in double boiler, stirring constantly until mixture is thick. Put aside to cool, then add one chopped pickle, five chopped olives, one teaspoon chopped parsley, three drops onion juice, and a very tiny piece minced garlic. Serve with fish, scallops or soft shell crabs.

CHAPTER XIV

POTATOES

Properly cooking a potato increases its palatability and makes it more easily digested.

Heat transforms the water into steam, and the resultant expansion breaks down the cell walls and lets out the starch grains of the potato.

Baking and steaming are considered the best methods of cooking potatoes. The methods that are commonly used, however, in the preparation of potatoes causes a very large proportion of their nutritive value to be lost.

The ways in which losses of nutritive value occur in cooking potatoes, are in paring, by cutting away valuable material, and by exposing the surface of the potato to the action of the water when soaking it after peeling; also by starting off the potatoes in cold water when beginning to cook.

Potatoes should always be put on to cook in boiling water, as in this way much food value is saved.

It is best, when possible, to cook them in their jackets, that is, without peeling, as a large proportion of mineral matter and protein lie right under the skin. They may be scrubbed well before cooking, and the skins removed after they are done, then prepared in many palatable and attractive ways.

BOILED POTATOES

Select potatoes as near one size as possible; scrub clean. Boil in salted water until tender, not broken, twenty to forty-five minutes, dependent on size. When done, drain off water, set saucepan on back of stove and shake occasionally to dry potatoes thoroughly and make them mealy.

Peel and serve at once with melted butter and minced parsley poured over.

Potatoes may be peeled before boiling, but will lose some of their nutritive value.

BAKED POTATOES

Select smooth potatoes as near one size as possible. Scrub with a brush, then wipe dry. Bake in a moderate oven from forty-five to sixty minutes, dependent on size.

Remove from oven, press ends of potatoes slightly with a towel to break the skin and let the steam escape. Fold back corners of skin and put paprika and fresh butter on the exposed part.

If a narrow strip is peeled from around the center of potatoes before putting them in the oven, they will be more mealy.

Serve as soon as baked.

CREAMED POTATOES

Scrub and peel five medium size potatoes or boil in jackets. Barely cover with boiling water; add one teaspoon salt; boil until done, twenty-five to thirty-five minutes, dependent on size.

Drain off water, set boiler on back of stove; shake occasionally until potatoes are dry.

Press through ricer or coarse sieve. Add two tablespoons melted butter, one teaspoon salt, pepper, and one-half cup hot milk.

Beat with a fork or spoon until creamy. If not ready to serve, set over hot water until wanted.

RICED POTATOES

Boil potatoes in jackets as usual; drain, place over a very slow fire a few moments, shaking saucepan while potatoes are drying; then peel and press them through ricer or a coarse sieve. Sprinkle lightly with salt and pepper and serve at once while hot.

ANSONIA POTATOES

Press potatoes that have been freshly boiled in jackets and peeled, through a ricer or fine sieve into a buttered baking dish. Sprinkle with salt, pepper and paprika, then sprinkle with melted butter. Brown top in a hot oven; serve at once in baking dish.

BROWNED WHOLE POTATOES

Select potatoes of uniform size. Wash and peel. Cover bottom of a frying pan with fat; when hot, add potatoes; brown lightly on all sides, then add one-quarter cup hot water, cover pan and set on back of stove ten to fifteen minutes to steam until potatoes are done and nicely browned.

Medium size potatoes will require about forty-five minutes to cook.

FRIED POTATO BALLS

Peel potatoes; cover with cold water thirty minutes. Drain, then scoop out in balls with a vegetable cutter. Drop in hot fat (not

deep), brown slowly, turning first on one side, then on other; when nicely browned, add one-quarter cup cold water; cover skillet, let water cook out slowly, leaving potatoes tender and nicely browned. New potatoes are fried same as above.

DUTCH POTATOES WITH ROAST BEEF

Scrub and peel potatoes. Cook in boiling, salted water five minutes. Drain dry, then place in roasting pan around roast beef when it is partly cooked. Bake from thirty-five to forty minutes, dependent on size of potatoes. Baste with fat in roasting pan until nicely browned. Serve around roast beef.

POTATOES IN CREAM

Boil in their jackets six medium size potatoes until tender, not broken. Put aside to cool. When perfectly cold, cut into dice with a sharp knife.

Melt in a skillet one tablespoon butter, stir in two tablespoons flour until yellow (not brown); add gradually one-half cup thin sweet cream or rich milk, stirring all the while. When perfectly smooth, add potatoes and heat thoroughly. Serve at once very hot.

POTATOES AU GRATIN

Prepare same as Potatoes in Cream; turn in a baking dish; sprinkle two tablespoons grated American or Parmesan cheese over top. Place in hot oven ten minutes to heat. Serve at once very hot.

FRENCH FRIED POTATOES

Wash and peel potatoes; cut in pieces lengthwise, about one and one-half inches thick. Soak in cold water thirty minutes. Drain and dry between towels. Fry in deep hot fat. Fat must not be *too* hot, as potatoes must cook as well as brown. Drain and serve.

Do not cook too many pieces at one time or potato will not be crisp.

PUFF FRENCH FRIED POTATOES

Wash, peel, then cut white or sweet potatoes in eighths, lengthwise. Cover with boiling water. Put in saucepan, let come to just one good boil. Remove, and drain thoroughly. Dry on clean towel. Drop in deep hot fat to brown quickly. Drain from fat, sprinkle with salt. Serve at once.

JULIENNE POTATOES (SHOESTRING)

Wash, pare and cut potatoes in one-quarter inch long slices. Cut these slices in long straws. Dry on towels. Fry golden brown quickly in deep hot fat. Drain on brown paper. Sprinkle with salt. Serve at once.

SARATOGA CHIP POTATOES

Wash and peel required number of potatoes. Select them of uniform size if possible. Slice in round slices as thin as a wafer. Slaw or potato cutter is best to use for this purpose. Soak in cold water twenty minutes, drain in sieve, then dry on towel. Drop, one by one, in boiling hot fat, fry until golden brown color; turn over occasionally with a skimmer. When brown, lift from fat with skimmer, put in a wire basket or on brown paper to drain. Sprinkle with fine salt and serve hot.

FRENCH POTATO CHIPS

Scrub, peel, then slice potatoes in thin round slices a little thicker than for Saratoga chips. Let stand in cold water thirty minutes. Drain, then plunge into boiling water just long enough to dip in and out. Drain and dry perfectly on towels. Drop piece by piece in a skillet of boiling hot fat. Shake skillet so that chips will puff. Remove with skimmer as soon as brown. Drain on brown paper. Sprinkle with salt. Do not cook too many slices at one time.

LATTICE POTATOES

Scrub and peel medium size potatoes. Slice with a lattice vegetable slicer, which may be bought for this purpose; let stand in cold water one hour. Drain and dry with towels. Fry in deep hot fat, drain on brown paper. Sprinkle with salt.

POTATO CUPS WITH ASPARAGUS

Scrub and peel uniform size white potatoes; scoop out top and part of inside, leaving a rather thick cup. Soak in cold salted water fifteen minutes. Drain, then dry thoroughly on towel. Drop in deep hot fat; fry golden brown all over. Drain. Fill cups with cooked peas or creamed asparagus tips. Serve with fowl or meat.

PANNED POTATOES

Scrub and peel potatoes. Cut in one-quarter inch round slices. Season with salt and sprinkle with a little flour. Put in small baking

pan containing a few spoons hot fat; pour one-half cup hot soup stock or water over. Bake in a moderate oven until potatoes are evenly browned.

HASHED BROWN POTATOES

Heat one-third cup drippings in frying pan. Cut cold boiled potatoes in very small dice; there should be two cups. Season with salt, pepper and two teaspoons minced parsley. Add to hot fat. Cook fifteen minutes, stirring constantly, then let potatoes brown on bottom; fold together in omelet shape, place pan in hot oven a few minutes to brown top if necessary. Turn on hot platter.

STEWED POTATOES

Select ten or twelve small potatoes as near one size as possible. Scrub and peel.

Melt two tablespoons butter in saucepan, add two tablespoons finely-chopped onion; when lightly browned, add two tablespoons flour; stir until brown, not black. Stir in one and one-half cups hot water gradually, until smooth, not thick. Season well with salt and pepper. Add one-half tablespoon chopped parsley.

Add potatoes to sauce; cook slowly until thoroughly done.

LYONNAISE POTATOES

Cut two cups cold boiled potatoes in round slices one-quarter inch thick. Season with salt and pepper.

Heat three tablespoons butter, beef dripping or bacon fat in a fryer. Add one tablespoon finely chopped onion; when golden brown, add potatoes; fry light brown, shaking pan occasionally or turning potatoes with a griddle cake turner. When lightly browned, add one tablespoon finely-chopped parsley.

SCALLOPED POTATOES

4 to 5 medium size potatoes
2 tablespoons flour
2 tablespoons butter
1 cup hot milk
Salt, pepper

Scrub and peel potatoes; cut in round slices about one-quarter inch thick. Butter a baking dish, put in a layer of potatoes, sprinkle with salt, pepper and flour; dot over with butter. Arrange another layer

of potatoes, season and butter. Cover with hot milk. Bake in moderate oven about one and one-half hours.

If desired, each layer may be sprinkled with grated cheese before baking.

POTATO BALLS WITH CHEESE

Scrub and peel as many potatoes as required. Scoop out in small balls. Boil in slightly salted boiling water until tender, but not broken.

Drain, put in baking dish in which they are to be served.

Add one teaspoon chopped parsley to three tablespoons melted butter, pour over potatoes, cover with grated cheese.

Place in moderate oven just long enough to melt cheese. Serve at once.

GIRARD POTATOES

5 large white potatoes
1½ tablespoons butter
1½ tablespoons flour
1 tablespoon chopped green pepper
1 cup milk
1 teaspoon chopped onion
1½ teaspoons salt
¼ teaspoon paprika
2 hard-boiled eggs (chopped)
Dash white pepper

Wash and peel potatoes. Scoop out in balls with vegetable cutter. Boil in salted boiling water until tender, not broken. Drain.

Just before serving, pour over following.

Sauce

Melt butter in saucepan, add onion and green pepper until yellow. Add flour, stir until bubbly; stir in milk gradually until thickened (not too thick). Season with salt, pepper and paprika. Add chopped eggs. Pour over hot potatoes and serve at once.

POTATO ROSES

3 cups riced potatoes
1 egg
2 tablespoons melted butter
1 teaspoon salt
Hot milk

Press freshly boiled potatoes through a ricer or fine sieve; measure three cups. Stir until smooth; add butter, salt, pepper, egg, and sufficient hot milk to allow mixture to pass through pastry bag. Beat until perfectly smooth.

Insert rose tube in end of pastry bag. Fill bag with potato mixture. Hold bag in the right hand and press gently at the top of

contents. Guide tube with the left hand, making a circular motion. Withdraw quickly when roses are large enough.

Use as border around planked fish or steak.

PRINCESS POTATOES

Make Potato Roses. Squeeze through tube on a shallow tin sheet instead of plank. Glaze tops gently with pastry brush dipped in a mixture of one egg beaten with one tablespoon milk.

Brown delicately in a hot oven.

Remove carefully to hot platter; serve at once.

DUCHESS POTATOES

Wash and peel five medium size white potatoes. Add one cup boiling water, boil until done. Drain off any water that is left, mash potatoes until creamy, adding one teaspoon salt, a pinch of pepper, one teaspoon butter, and one well-beaten egg.

Shape into balls size of billiard balls, with the palms of hand.

Beat one egg and two tablespoons milk together. Dip balls into mixture, put in a baking dish. Bake in hot oven until brown.

POTATO SOUFFLE

Scrub and peel potatoes. Cover with boiling water; cook until done. Mash through sieve or potato ricer, and measure. To two and one-half cups potato, stir in two-thirds cup hot milk; add one tablespoon butter, two well-beaten eggs, salt and pepper to taste. Turn in a baking dish. Bake in a hot oven until puffy and brown on top, about twenty to twenty-five minutes.

Half cupful grated cheese may be sprinkled over top before browning, if desired.

POTATOES ON HALF SHELL

Scrub four large potatoes of uniform size. Bake in a hot oven about forty-five minutes, dependent on size.

Cut in half lengthwise with a sharp knife. Scoop out insides, being careful not to break shells.

Mash through ricer or coarse sieve; season with salt, pepper, two tablespoons melted butter, one-third cup hot milk; add stiffly-beaten whites of two eggs.

Refill shells. Bake in a hot oven about ten minutes, until puffed and brown.

One-third cup rolled pecan meats may be added to filling if desired.

STUFFED POTATOES WITH MEAT

Bake large white potatoes of uniform size. When done, cut in half lengthwise with a sharp knife. Scoop out insides, being careful not to break shells.

Run scooped-out potato through a ricer. To each two and one-half cups riced potato add one-half cup hot milk or cream, two tablespoons melted butter, one-half teaspoon salt, and three tablespoons ground sausage meat, cooked minced ham, or chicken. Cream until light.

Fill shells with mixture, brush with melted butter. Bake in moderate oven to brown lightly.

STUFFED POTATOES WALDORF STYLE

4 large white potatoes
4 tablespoons grated cheese
2 tablespoons melted butter
3 tablespoons milk
2 hard-boiled egg yolks
Salt, pepper, paprika

Bake potatoes as usual. Cut in half lengthwise with a sharp knife. Scoop out inside, being careful not to break shells. Mash through a ricer or sieve. Add melted butter, grated cheese, yolks of hard-boiled eggs mashed smooth, stir in milk. Season with salt, pepper and paprika.

Refill shells, brush tops with melted butter. Bake in moderate oven until nicely browned. Serve at once.

DOUGLAS POTATOES

4 slices breakfast bacon
5 medium size cold boiled potatoes
5 eggs

Slice breakfast bacon very thin, fry in skillet until very crisp. Remove bacon and let hot grease remain in skillet.

Cut potatoes in small dice, add to hot bacon grease, fry brown, stirring often with a spoon.

Beat eggs very light, add bacon broken in small pieces, stir whole into skillet with potatoes until well mixed. Serve at once on hot platter.

DELMONICO POTATOES

2 cups cold diced potatoes
1 cup cream
1 rounding tablespoon butter
3 tablespoons grated American or Parmesan cheese
Salt and pepper

Boil potatoes in jackets until done, not soft; set aside several hours until perfectly cold. Cut in small dice.

Put potatoes in saucepan, season with salt and pepper, drop butter over, add cream; cook slowly, shaking saucepan occasionally, until potatoes have absorbed most (not all) of the cream.

Turn into a baking dish, sprinkle cheese over top. Bake in hot oven a few moments to brown lightly.

GERMAN POTATO BALLS

2 packed cups mashed boiled potatoes
1 cup flour
¼ cup drippings
2 eggs
1 cup White Sauce (page 159)
Salt

Boil potatoes in jackets until done; peel and press through ricer. Measure required quantity. Add flour, eggs, and salt to taste. Mix well into soft dough.

Break dough in pieces as for apple dumplings. Flatten each piece like a large, thick biscuit.

Heat drippings in frying pan; when very hot, add small dice of white bread, allowing four to five dice for each ball. Put the hot, fried croutons, with a little of the fat, in the center of each piece of dough; roll together to make a ball or dumpling.

Cook in boiling salted water twenty minutes in an uncovered vessel.

Serve at once with white sauce poured over; or pour fried chopped onions over balls if preferred.

BOILED NEW POTATOES

Scrape new potatoes. Put in saucepan, add just enough boiling water to half cover potatoes, add a little salt. Boil steadily until perfectly tender but not broken. If any water still remains, drain it off. Shake vessel occasionally while potatoes are cooking.

Cover with two generous tablespoons butter, one teaspoon finely-chopped parsley, and a little salt if necessary. Serve at once.

New potatoes are more indigestible than old ones as the starch grains have not reached maturity, and should therefore not be served to children or invalids.

NEW POTATOES WITH CREAM SAUCE

Boil new potatoes following recipe for boiled new potatoes. When done, drain. Pour one cup hot Medium White Sauce (page 159) over potatoes, add one teaspoon finely-chopped parsley. Let boil up twice, shake saucepan well. Serve at once.

BAKED POTATO PUFFS

3 cups cooked mashed potatoes
⅓ cup milk
2 tablespoons melted butter
½ teaspoon salt
1 egg
Dash pepper
Dash paprika

Boil five medium size potatoes. Drain, peel, mash through ricer or sieve. Measure required quantity, then let cool. Add salt, pepper and paprika; stir in milk, melted butter and well-beaten egg. Mix well, drop by kitchenspoonfuls in well greased biscuit pan.

Shape puffs with the back of a tablespoon dipped in melted butter. Bake in a hot oven until nicely browned.

POTATO PANCAKES

2 cups grated raw potatoes
½ cup sifted flour
⅓ cup buttermilk
½ teaspoon salt
¼ teaspoon soda
2 eggs

Scrub, peel, then grate potatoes. Drain through fine sieve. Measure required quantity. Add eggs, beat well; add salt and flour.

Dissolve soda in buttermilk, stir in potato mixture. Mix well.

Drop on a well-greased griddle with a tablespoon and fry like griddle cakes. Serve at once.

These cakes are nice served with applesauce along with pot roast.

SNOWFLAKE POTATOES

Boil in jackets as many medium sized potatoes as there are individuals to be served. When done (not soft), peel and place at once on individual plates in which they are to be served. Cover each potato with a large spoonful of whipped cream which has been seasoned with salt and pepper. Sprinkle a little paprika in center.

SOUTHERN POTATO FRITTERS

1 packed cup riced potatoes
½ cup flour
1 teaspoon salt
2 teaspoons baking powder

Scrub potatoes, cook in jackets in hot water. Drain from water, remove skin, press through ricer or fine sieve. Add flour sifted with baking powder; add salt. Put on slightly floured biscuit board, roll out in sheet about one inch thick. If necessary, add a little bit of milk, but just enough to make a dough that can easily be handled.

Cut out with a small biscuit cutter. Fry in deep hot fat, basting with a spoon as for doughnuts.

When nicely browned on both sides, drain in colander. Serve around chicken or roast beef, or sprinkle with powdered sugar and serve as dessert.

BOILED SWEET POTATOES

Select potatoes as near one size as possible. Scrub, peel, and cook until tender in boiling water. Potatoes may be boiled in skins if preferred. Drain dry after cooking.

BAKED SWEET POTATOES

Select smooth potatoes as near one size as possible. Scrub well with a vegetable brush, rub lightly with a little grease of any kind. Put in a pan and bake in moderate oven until soft, time dependent on size of potatoes; three-quarters of an hour is usually long enough if potatoes are not more than medium size.

SWEET POTATOES SOUTHERN STYLE

4 medium size sweet potatoes
½ cup hot milk
1 tablespoon sherry wine
2 tablespoons butter
2 eggs
2 teaspoons sugar
Salt

Scrub potatoes well; dry and rub with melted butter. Bake in shells until tender, then cut in half lengthwise with a sharp knife, being careful not to break shells. Scoop out inside and squeeze through a ricer or sieve; stir in hot milk; add butter, eggs well beaten, salt, and, lastly, sherry wine. Mix well. Refill shells with mixture. Brown top in a moderate oven.

FRIED SWEET POTATOES No. 1

Scrub and peel sound potatoes. Slice in rather thick slices. Dip in thin molasses, lay in hot fat; brown, not too quickly, on both sides. When tender, sprinkle with sugar.

FRIED SWEET POTATOES No. 2

Select as many potatoes as required. Boil in jackets. When tender, not done, test with a fork, drain from water. Let cool, slice in one-quarter inch round slices. Cover bottom of fryer with fat; when hot, lay in potato slices. Brown nicely on both sides. Do not fry too many pieces at one time.

FRENCH FRIED SWEET POTATOES

Scrub and peel potatoes; cut in pieces lengthwise, about one and one-half inches thick. Soak in cold water one hour; drain, and dry on towel.

Fry in deep hot fat. Fat must not be *too* hot, as potatoes must cook as well as brown. Drain and serve.

Do not cook too many pieces at one time or they will not brown nicely.

SCALLOPED SWEET POTATOES

6 medium sized potatoes
2 tablespoons butter
¼ cup bread crumbs
1 cup cold water
½ cup sugar

Scrub, peel and slice potatoes in round slices about one-quarter inch thick. Put a layer of potatoes in bottom of a baking dish or pudding pan; drop bits of butter over, sprinkle with some of the sugar. Repeat in two more layers, using balance of potatoes, sugar and butter. Pour water over all, sprinkle bread crumbs over top. Bake one hour in a moderate oven until top is brown and potatoes are done.

SCALLOPED SWEET POTATOES WITH MARSHMALLOWS

Boil potatoes tender, not soft. Peel, slice and put them in a buttered baking dish in layers, sprinkling each layer with brown sugar and bits of butter. Cover top with three tablespoons cream, drop bits of butter on top. Bake in moderate oven until brown, about twenty minutes.

Put whole marshmallows on top of dish a few minutes before serving, set back in oven to melt and brown marshmallows lightly.

SWEET POTATOES EN BROCHET

Boil potatoes tender, not soft; cut in one-half inch slices. Put three slices on each skewer. Brush slices with melted butter, sprinkle with sugar, then put skewers in baking pan. Bake in hot oven until brown.

MARSHMALLOW SWEET POTATO SOUFFLE

2 cups boiled mashed sweet potatoes
1 cup hot milk
2 eggs
2 tablespoons melted butter
12 fresh marshmallows
Salt to taste

Boil and peel potatoes, cream while hot, stir in milk, add well-beaten eggs, add butter and salt.

Put in baking dish in which it is to be served, cover top with fresh marshmallows. Bake in moderate oven until nicely browned.

If preferred, marshmallows may be left out, and potatoes browned before serving.

SWEET POTATO SOUFFLE FLORIDA STYLE

2 cups cooked mashed sweet potatoes
2 tablespoons butter
3 bananas
½ cup sugar
½ teaspoon cinnamon

Scrub four or five large yellow sweet potatoes. Cook in boiling water until done. Drain, peel, and mash smooth and creamy. Measure required quantity, add butter, sugar, cinnamon. Fill a small casserole with mixture. Peel bananas, cut each one in three sections crosswise. Place sections of bananas all around pan, pushing deep in potato mixture, leave tops showing and place one piece in center. Bake in hot oven until brown on top.

SWEET POTATO TIMBALES

2½ cups mashed sweet potatoes
½ cup milk (about)
2 tablespoons melted butter
10 marshmallows
1 egg
1 tablespoon sugar
¼ teaspoon salt
½ teaspoon cinnamon

Boil sweet potatoes. Drain and peel, mash through ricer or fine sieve. Stir in milk; add salt, sugar and cinnamon. Stir in butter, then add milk (some potatoes require more milk than others). Fill greased timbale cups with mixture, bake in moderate oven twenty minutes. Turn upside down carefully, on a baking sheet; place one marshmallow on top of each timbale. Put under gas flame or on top rack of coal oven to brown marshmallows lightly. Serve around fried chicken or other fowl.

Makes ten timbales.

ROYAL SWEET POTATOES

2 cups mashed cooked sweet potatoes
1 cup hot milk
2 tablespoons melted butter
½ cup chopped nuts
2 eggs
Marshmallows
Salt to taste

Boil potatoes, peel and mash smooth while hot; stir in milk, add eggs well beaten, add butter and salt. Cream well, add nuts. Turn

in ramekins. Put one marshmallow on top of each ramekin. Bake in hot oven until nicely browned on top. Serve at once.

SWEET POTATOES WITH LEMON SYRUP

2 cups hot mashed sweet potatoes
1 tablespoon melted butter
2 eggs
1 cup hot milk
Salt to taste

Boil potatoes in jackets, peel, mash while hot; measure required quantity. Stir in hot milk, add well-beaten eggs, butter and salt. Whip light. Shape in two pone-shaped mounds on a flat platter in which it is to be served. Bake in hot oven until lightly browned, about ten minutes. When serving, pour following syrup over.

Lemon Syrup

Boil together one cup water, three-quarters cup sugar and one lemon sliced thin, until thick as honey. Pour while hot over potatoes. Serve at once.

GLAZED SWEET POTATOES

Scrub clean six medium size sweet potatoes. Cook in boiling water, not soft. Drain, peel and cut in quarters, lengthwise; place in baking dish.

Boil one-half cup sugar, two tablespoons butter and one-half cup water together until syrupy. Pour over potatoes. Bake in moderate oven thirty minutes, basting often with syrup.

BABY SWEET POTATOES

Very small sweet potatoes that can scarcely be used for any other purpose may be prepared in this way.

Boil very small potatoes in jackets. When tender, not done (test by sticking with a fork), drain from water.

Cook one-half cup brown sugar, one cup water and two tablespoons butter in a hot skillet fifteen minutes until slightly syrupy. Add potatoes, cover skillet, set on back of stove, or over slow fire, to simmer thirty minutes until soft. Turn potatoes over occasionally while cooking. Serve with syrup poured over.

CANDIED SWEET POTATOES

6 medium size sweet potatoes
1 tablespoon flour
1 teaspoon cinnamon
½ cup sugar
¼ cup butter
1 cup cold water

Peel and slice boiled potatoes in round slices about one-quarter inch thick. Put a layer of potatoes in bottom of baking dish or pudding pan; drop bits of butter over, sprinkle with some of the sugar, cinnamon and flour. Repeat two more layers. Pour water over all. Bake three-quarters of an hour in a moderate oven until top is brown and liquid syrupy.

CANDIED YAMS

Boil yellow sweet potatoes in jackets. When a little more than half done, drain off water, peel, then slice lengthwise. Put a layer of potatoes in bottom of a baking dish or pan; sprinkle liberally with brown sugar and bits of butter and a little cinnamon.

Make two or three layers until all the potatoes are used.

Pour one-half cup hot water over, cook in a moderate oven until potatoes are done, about thirty minutes. Potatoes should look clear and syrupy.

CARAMEL SWEET POTATO BALLS

1 cup light brown sugar
½ cup water
2 teaspoons lemon juice
4 large sweet potatoes
2 tablespoons butter

Select large sound yellow sweet potatoes. Scrub, peel, then cut in small balls with a patent vegetable cutter. Cook balls in slightly salted water until tender, but not broken. Use as little water as possible while cooking, and shake saucepan occasionally.

Drain from water, turn into a casserole or baking dish. Mix other ingredients together; cook until slightly thick syrup, then pour over balls in casserole. Reheat long enough to heat potatoes through.

FRIED CARAMEL YAMS

Select large yellow sweet potatoes, scrub well, cook in boiling water in jackets. When done sufficiently to pierce with a fork (not soft), drain, let cool, then peel. Slice lengthwise in one-inch pieces. Dip each piece in molasses, fry at once in hot fat (not deep fat). Brown slowly on both sides. Serve at once on hot platter.

POTATOES McALPIN

4 medium size yellow yam potatoes
1 cup pineapple chunks
⅓ cup sugar
½ cup cold water

Scrub potatoes, cook in boiling water until tender, not broken. Drain, peel and slice round, not too thick.

Put a layer of potato in baking dish in which it is to be served, cover with a layer of pineapple chunks (if chunks are too large, cut in half). Repeat.

Boil sugar and water syrupy. Pour over contents of baking dish. Bake in moderate oven about twenty to twenty-five minutes.

HARGROVE POTATOES

4 medium size sweet potatoes
2 medium size apples
½ cup sugar
1 banana
½ cup cold water

Scrub potatoes, cook in boiling water until tender, not broken. Drain, peel and slice, not too thin.

Cut apples in thin long slices, cut banana in thin round slices.

Put potato in baking dish, cover with a layer of apple, then banana. Repeat.

Boil sugar and water syrupy. Pour over contents of baking dish. Bake in moderate oven about thirty minutes, brown lightly on top.

VICTORIA SWEET POTATOES

3 cups mashed yellow sweet potatoes
¾ cup grated cocoanut
¼ cup melted butter
¼ cup milk
2 tablespoons sugar
¾ teaspoon cinnamon
½ teaspoon salt

Scrub potatoes, boil until done. Mash through ricer, measure required quantity. Add butter, milk, sugar, cinnamon and salt. Cream well. Add cocoanut. (If dried cocoanut is used, place in colander over hot water fifteen minutes to soften).

Turn mixture in baking dish; pour over it the following syrup:

Syrup

⅓ cup maple syrup
1 tablespoon water
1 tablespoon butter

Mix. Put in saucepan, boil five minutes, pour over potatoes and bake until nicely browned.

SWEET POTATOES WITH RAISINS

1½ cups mashed sweet potatoes
¾ cup seedless raisins
¾ cup water
1 tablespoon butter
¼ teaspoon cinnamon
Marshmallows
Pinch salt

Boil potatoes in jackets. Peel, then mash through ricer. Measure required quantity. Add butter while hot. Wash raisins, add water, cook twenty minutes.

Add cooked raisins and water that is left, to mashed potatoes, cream very light. Add salt and cinnamon.

Turn in baking dish or pyrex pie plate. Smooth top with back of spoon, cover with whole marshmallows. Bake in moderate oven until nicely browned, about ten minutes. Serve at once.

CHAPTER XV

VEGETABLES

One of the most serious crimes of the housewife, as well as the cook, is the almost universal method of boiling vegetables in too much water, then draining it off when the vegetables are done, and throwing it down the sink.

Everyone should learn that some of the most essential constituents of vegetables as well as other foods, lie in these mineral salts which are thrown away in this manner. The water thus discarded contains the precious vitamines, organic salts of iron, lime, soda, and other minerals absolutely indispensable in providing essential nutriment so necessary for our well-being. It is very easy to prevent this waste if the vegetables are cooked in a double boiler with a small quantity of water added to them, or when boiling in a single saucepan, add as small a quantity of water as will properly cook the vegetables, and when the food is done, allow the excess water, if any, to cook down, and serve the natural juices with the food.

Vegetables should never be allowed to cook too long and should be cooked only until they are tender. Prolonged cooking makes them tough and hard to digest.

If it is absolutely necessary at times to drain off the water, it should be used in making soups and gravies so that this nutriment will not be wasted. The simpler the method of cooking and serving vegetables, the better they are.

All green vegetables, roots and tubers should be crisp and firm when put on to cook. If for any reason, the vegetables have lost their firmness, they should be soaked in cold water until they become firm and crisp.

All vegetables should be thoroughly cleaned just before putting on to cook.

Vegetables that form heads, such as cabbage, cauliflower and Brussels sprouts, should be soaked, heads turned down, in salted cold water so that any worms or other form of animal life will crawl out.

To secure best results, all vegetables except dried legumes (peas, beans, and so forth) must be cooked in boiling water, and the water must be made to boil again as soon as possible after the vegetables have been added.

During the cooking, the cover of the saucepan must be drawn to one side to allow the steam to escape.

Vegetables that have a strong odor or taste require a larger amount of water than others when cooking, and should be cooked with the lid on.

Top ground vegetables should be cooked in salted water. Underground vegetables may be seasoned when done.

The very watery vegetables, such as squash, spinach and beet tops, should be cooked over steam or in very little water, or add no water and let them draw their own juice.

All vegetables that grow above ground should be put on to cook in boiling water; those that grow under ground, except potatoes, should be put on in cold water.

Time for cooking the same vegetables varies according to freshness and age, therefore time tables for cooking serve only as a guide.

BOILED CORN

Corn for boiling should be taken from the stalk as fresh as possible as it loses its sweetness in a few hours. It should be exposed to the air as short a time as possible after being pulled from the stalk, and the husks should be removed just before boiling.

Remove husk, take off silk carefully.

Plunge into rapidly boiling water, cook from ten to fifteen minutes, dependent on age of corn and depths of kernels.

Serve on platter and cover with napkin.

Corn may be boiled in the husks if preferred. Remove large outer husks, turn back the tender inner ones, remove silk carefully, fold back remaining husks, tie them at the top. Plunge in rapidly boiling water twenty to twenty-five minutes.

STEWED CORN

Grate corn from ear, being careful not to cut cob. Add one-half tablespoon butter for each cup corn. Season with salt and pepper. Add milk enough to cover. Mix well, cook slowly thirty minutes, stirring often so as not to scorch. Just before serving, stir in one or two well-beaten eggs.

Canned corn may be prepared same as fresh corn, cooking only twenty minutes.

FRIED CORN

Grate corn from ears, being careful not to cut cob. Season with salt and pepper.

Heat three or four tablespoons butter or bacon grease in a skillet. Turn in corn, fry golden brown, turning with a spoon occasionally so as not to scorch. Stir in two tablespoons cream just before serving.

Prepare canned corn same as fresh.

FRESH CORN FRITTERS

2 cups grated corn
¼ cup milk
1 cup flour
1 tablespoon melted butter
3 eggs
1 teaspoon sugar
1 teaspon salt
1½ teaspoons baking powder
Dash pepper

Use tender ears corn, clean, then grate. Add salt, pepper, sugar and butter and well-beaten eggs; add flour and baking powder sifted together.

Fry on hot well-greased griddle on both sides. Serve at once.

CANNED CORN FRITTERS

1 can corn, chopped fine
½ cup flour
2 eggs
1 teaspoon sugar
1 teaspoon salt
1½ teaspoons baking powder
White pepper

Sift flour, baking powder, salt, pepper and sugar together; add to corn. Add egg yolks well beaten. Beat egg whites stiff, add to corn mixture.

May be fried like griddle cakes on a well-greased hot griddle, or, dropped by tablespoonfuls in deep, hot fat. Fry golden brown, drain on brown paper. Serve at once.

CORN PUDDING

2 cups grated fresh corn, or 1 can corn
3 eggs
1 teaspoon sugar
¾ teaspoon salt
1½ tablespoons flour
1½ cups milk
Pepper

Beat egg yolks light, add milk, stir in corn, mix well, add seasonings. Sift in flour and baking powder together. Fold in stiffly-beaten egg whites.

Bake in moderate oven in buttered baking dish or pudding pan, about three-quarters hour, until firm and nicely browned on top.

Corn mixture may be baked in ramekins if preferred; bake only twenty-five minutes.

STEAMED CORN LOAF

1½ cups grated corn
⅓ cup rolled bread crumbs
¾ cup milk
2 eggs
1 tablespoon melted butter
1 teaspoon sugar
Salt and pepper

Mix corn and bread crumbs, stir in milk. Add well-beaten eggs and seasoning. Turn in deep buttered pudding mold, set in a bucket of boiling water, cover tightly and steam one and one-half hours.

Turn out on hot baking dish, brush top with beaten egg, sprinkle with bread crumbs, and brown in a hot oven.

Garnish dish with lengthwise quarters of hard-boiled egg.

Serve Quick Tomato Sauce (page 160) poured over.

CORN RING

1 can corn, or 2 cups grated fresh corn
1 teaspoon salt
⅛ teaspoon pepper
1 cup rich milk or cream
2 tablespoons flour
3 tablespoons melted butter
4 eggs

Drain corn, add flour and milk. Add well-beaten egg yolks, seasoning and butter. Mix well, fold in stiffly beaten egg whites last. Turn in well-buttered ring mold, set in a pan of hot water, bake in moderate oven thirty minutes or until perfectly "set."

Serve as soon as baked. Fill center with creamed sweetbreads, creamed chicken or mushrooms.

CORN TIMBALES

1 can corn
3 eggs
½ cup crumbled bread (not stale)
1 teaspoon flour
1 teaspoon milk
2 tablespoons melted butter
1 teaspoon salt
1 teaspoon sugar
Dash pepper

Drain corn. Soak bread in milk, add flour. Beat egg yolks light, add soaked bread. Add corn, butter and seasoning. Fold in stiffly-beaten egg whites last. Bake in well-buttered individual molds, filling them only three-quarters to allow for puffing. Set molds in pan of hot water, bake in moderate oven twenty-five to thirty minutes, covered with waxed paper.

Serve as soon as baked.

CORN AND BACON

Fry ten thin strips of breakfast bacon crisp. Remove from grease and put aside.

Season contents of one can corn with salt and pepper, add to hot bacon grease, cover saucepan and fry slightly brown, stirring occasionally.

Serve garnished with bacon slices.

GREEN PEPPERS STUFFED WITH CORN

Secure large green peppers. Cut a thin slice from stem end, remove seeds and pith, cook twelve to fifteen minutes in boiling salted water to which a tiny pinch of soda has been added. Drain.

Fill shells with following:

Corn Mixture

Turn two cups canned or scraped fresh corn in saucepan, stir in one-third cup milk, add two tablespoons butter, salt and pepper to taste. Cook slowly thirty minutes, stirring frequently, add one-third cup bread or cracker crumbs to thicken, cook a few moments longer.

Fill peppers with mixture, garnish with sprigs of parsley and serve at once.

STUFFED PEPPERS WITH MEAT

6 large green peppers
1 tablespoon soft butter
1 tablespoon chopped celery
1 teaspoon minced onion
1 cup ground meat or chicken
1 cup rolled bread crumbs
⅓ cup soup stock or water (about)

Select large, fresh green peppers, cut in half lengthwise, remove pith and seeds carefully so as not to break shells.

Cover with cold water thirty minutes. Drain. Put shells in saucepan, add one-half cup cold water, and a pinch of salt, cover and let cook slowly ten minutes until tender. Drain.

Mix ground meat and bread crumbs, add butter, celery and onion, add a little of the inside of the peppers chopped fine. Season with salt and pepper. Moisten with soup stock or water.

Fill shells with mixture, cover tops with rolled corn flakes and bits of butter.

Place in pan, pour in about two tablespoons water or soup stock, bake in moderate oven, about thirty minutes.

STUFFED PEPPERS IN TOMATO SAUCE

Secure large green peppers, cut off tops, remove seeds and pith carefully so as not to break shells. Cover with cold salted water one hour, drain, pour boiling water over, and drain at once.

For filling, use any cooked left over meat or chicken and rice;

about one-third meat to two-thirds rice. Add one well-beaten egg, salt and pepper to season. Add a little soup stock if mixture is too dry. Fill peppers with mixture.

Cook together for fifteen minutes, two cups canned tomatoes, one tablespoon butter, one teaspoon sugar, one-quarter teaspoon salt and pinch pepper; strain through fine sieve.

Turn tomato mixture in a small baking pan, stand stuffed peppers in tomatoes. Bake in moderate oven, basting often until peppers are soft, not broken, about forty minutes. Serve hot with sauce poured over.

GREEN PEPPERS WITH SAUSAGE MEAT

4 large green peppers
1 egg
1 teaspoon chopped parsley
¾ cup ground sausage meat
⅓ cup dried bread crumbs

Wash peppers, cut in half lengthwise, remove seeds and inner veins. Soak in cold salted water one hour. Drain and dry.

Mix sausage meat with bread crumbs, add well-beaten egg, and parsley. Fill peppers with mixture, sprinkle a few bread crumbs on top. Bake until nicely browned in moderate oven, about twenty-five minutes.

GREEN PEPPERS STUFFED WITH CARROTS

4 large green peppers
1½ cups diced carrots
½ cup milk
1 tablespoon flour
1 tablespoon butter
1 tablespoon rolled corn flakes
Salt and pepper

Split peppers lengthwise in half, remove seeds and pith carefully, soak in slightly salted water one hour. Cook carrot dice tender in boiling salted water. Drain. Melt butter in saucepan, stir in flour until blended, stir in milk gradually until thickened, add carrots and seasoning, remove from fire, add corn flakes.

Drain and dry pepper shells, fill with carrot mixture, sprinkle tops with bread crumbs and melted butter. Bake in hot oven fifteen minutes.

GLAZED CARROTS

1½ pints fresh carrots (measure after cutting)
¼ cup butter
⅓ cup sugar (brown or white)
1½ cups boiling water
Salt

Wash, then scrape carrots, cut in long thin strips like Julienne potatoes. Cook slowly in slightly salted boiling water until tender, not broken. Drain and put water aside. Heat butter in skillet, stir

in sugar until well mixed, add carrots, toss with a fork until glazed, then simmer very slowly, covered, about five minutes. If very dry, add a little water drained from carrots. Serve heaped on hot platter.

MICHIGAN CARROTS

1 lb. fresh carrots
½ lemon
1 cup boiling water
2 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
Dash pepper

Wash and scrape carrots, cut in thin strips like Julienne potatoes. Melt butter in saucepan, when hot, add carrots, then add boiling water. Cook covered until carrots are beginning to get tender, about forty minutes, then add lemon, skin and all, cut in strips like carrots. Season with salt and pepper, cook fifteen minutes longer until tender, not broken. Sprinkle sugar over, shake saucepan to glaze contents.

CREAMED CARROTS

Soak carrots in water one hour to crisp. Scrub and scrape. Cut in cubes or round slices. Cook three cups carrot cubes in just enough boiling water to make tender. Drain.

Add one cup hot Medium White Sauce (page 159). Season with salt and pepper if necessary.

CARROTS AND RAISINS

Secure fresh young carrots. Soak in cold water one hour, scrape. Cut in strips about as long as a finger, not too thin.

Cover with sufficient boiling water to cook tender.

To two cups carrots, allow three-quarters cup seedless raisins. Wash raisins, cook in one-half cup boiling water twenty minutes. Drain, put water aside.

Alternate two layers each of carrots and raisins in a baking dish or pyrex plate. Sprinkle one tablespoon sugar over, drop bits of butter on top. Pour over, one-quarter cup water in which raisins were cooked. Bake in moderate oven twenty minutes.

LATTICE CARROTS

Secure large, sound carrots. Scrub, scrape, then cut with a lattice vegetable slicer which may be bought for this purpose. Soak in cold water one hour, drain. Boil in a little water to which salt has been added. When carrots are tender, drain, add one-quarter

teaspoon sugar and one tablespoon butter. Serve plain, or with white sauce over.

CARROT CAKES

1 cup grated carrots
⅓ cup milk
1 tablespoon corn starch
1 egg
½ teaspoon baking powder
Salt

Soak carrots in cold water one hour to crisp, scrape, grate and measure. Add well-beaten egg, milk, and salt. Sift in corn starch and baking powder. Fry by spoonfuls on hot greased griddle.

PEAS AND CARROTS

5 carrots
1 can peas
1 tablespoon parsley (chopped)
½ teaspoon salt
1 teaspoon sugar
1 tablespoon butter
1 tablespoon sweet cream
Pepper

Wash carrots, scrape. Cut in round slices or dice. Cover with one cup cold water, add salt, cook slowly until tender, about three-quarters hour. Add peas after draining. Add sugar, butter, salt, parsley and pepper. Cook fifteen minutes until peas are tender, add cream, shake gently several times before serving. If fresh peas are used let cook as long as carrots.

STUFFED CARROTS WITH LIVERS

6 very large carrots
½ pound fowl livers
⅓ cup drippings
¼ cup cold water
1 cup thick white sauce
1 tablespoon chopped onion
Salt and pepper

Wash carrots, do not peel. Cut off stem ends and tops. Cut out a long piece from one side of each carrot, scrape out inside carefully, leaving a long thick boat. If carrots are very long, boats may be cut in half lengthwise. Soak in cold water thirty minutes, drain, cook in boiling salted water until tender, not soft. Keep hot until ready for use. Drain.

Heat fat in frying pan, add onion to brown, add livers, baste with spoon until tender, add water, cover saucepan closely, let simmer slowly ten minutes until livers are soft, then mash perfectly smooth. Season with salt and pepper. Heap boats with hot liver mixture. Serve on hot platter with a border of white sauce. Serve as vegetable or entree.

FRESH GREEN PEAS

Remove pods from peas. Cover with cold water thirty minutes. Skim off small undeveloped peas from top of water. Cook slowly

in a small quantity boiling water until tender, one to one and a quarter hours, dependent on freshness of peas. Add salt, pepper, a little sugar and a lump of butter the last fifteen minutes of cooking.

CANNED PEAS

Empty contents of can in saucepan, add one tablespoon butter, one teaspoon sugar, salt and pepper to taste.

Cook twenty minutes. Serve hot. If preferred thickened, rub smooth one tablespoon flour in three tablespoons sweet cream, add to peas and let cook five minutes longer.

PEAS WITH MUSHROOMS

Empty contents of one can peas (small ones are best) in saucepan, add contents of one can small mushrooms. Season well with salt and pepper, add one tablespoon sugar, one tablespoon butter.

Cook thirty minutes, add two tablespoons sherry wine. Cook slowly five minutes, thicken if desired with a little flour rubbed smooth with water.

PEAS AND LETTUCE EN CASSEROLE

1 large head lettuce
1 can tiny peas
1 tablespoon sugar
2 tablespoons butter
¼ cup rolled bread crumbs
1½ teaspoon salt
Pinch pepper

Pick over and separate lettuce leaves, let stand in cold water one hour. Drain and shred with a sharp knife.

Melt one tablespoon butter in saucepan, when hot, add shredded lettuce, stir well, cover saucepan and cook slowly twenty minutes, stirring occasionally.

Add peas with liquor. Add salt, sugar, pepper and balance butter. Let cook fifteen minutes. Turn in a casserole, sprinkle with bread crumbs and bits of butter. Bake in moderate oven twenty minutes, browning top nicely.

BRAISED LETTUCE

2 heads hard lettuce, or 1 large head romaine
½ cup soup stock
1 teaspoon lemon juice
2 tablespoons grated Parmesan cheese
1 tablespoon butter
2 tablespoons flour
2 tablespoons sweet cream
Salt and pepper

Pick over lettuce carefully, if plain lettuce cut in quarters. If romaine is used, separate leaves. Wash thoroughly, soak in fresh water one hour. Drain. Boil in slightly salted water until tender, not broken, about twenty to twenty-five minutes. Drain off water.

Melt butter in saucepan, stir in flour until bubbly, stir in soup stock gradually; when beginning to thicken, stir in cream until thick. Add lemon juice, salt and pepper. Put lettuce in small baking dish, pour sauce over, sprinkle grated cheese over top. Yellow cheese may be substituted for Parmesan if preferred, or cheese may be entirely omitted. Place in hot oven long enough to melt cheese.

BUTTERED STRING BEANS

String beans, leave whole or cut in pieces as preferred. Soak in cold water one hour to crisp, drain. Add just enough boiling water to cook tender. Beans require about one to one and one-half hours to cook. When half done, add salt and pepper to season. Fifteen minutes before serving, add a large lump butter, a spoonful cream may be added if desired.

CREAMED STRING BEANS

1 qt. string beans, or 1 can string beans
1 tablespoon flour
2 tablespoons butter
1 cup cream or milk
½ teaspoon salt
Pinch pepper

String beans, soak in cold water one hour, drain and cook in boiling water until tender, or remove beans from can, and heat.

Melt butter in saucepan, stir in flour until bubbly, add milk or cream gradually, stirring constantly until smooth and thickened. Add salt and pepper to taste.

Drain beans, add to cream sauce, let cook up once or twice before serving.

STRING BEANS WITH POTATOES

1 qt. string beans
3 medium size white potatoes
2 tablespoons canned tomatoes
1 tablespoon flour
2 tablespoons fat
1 teaspoon salt
1 small chopped onion
Pepper

Secure fresh, tender beans, wash and string. Break in two or three pieces crosswise. Soak thirty minutes in cold water. Drain. Cover with boiling water, add salt. Cook thirty minutes, add potatoes peeled and cut in dice, continue cooking thirty minutes longer. Drain, and put liquid aside.

Heat fat in saucepan, add onion, when beginning to brown add flour, stir occasionally while browning, stir in the water drained from

beans and potatoes; if not sufficient for sauce, add a little more water. Add tomatoes, pepper, and a little more salt, if necessary. Add beans and potatoes. Cook about fifteen minutes longer until tender. Be careful not to mash potatoes or beans. Beans may be prepared same way, without potatoes, if preferred.

SWEET SOUR BEANS

1 qt. fresh string beans, or 1 can beans
1 tablespoon butter
1 tablespoon sugar
¾ cup water
¼ cup vinegar
1 small onion (cut fine)
½ teaspoon salt
1½ teaspoons flour
2 whole cloves
1 bay leaf
Pinch pepper

If fresh beans are used, soak in cold water, string and cook in boiling water until tender. Remove beans from can and heat thoroughly.

Melt butter in saucepan, add onion, let brown lightly, add flour, stir until golden brown.

Mix vinegar and water together, add sugar, salt, pepper, cloves and bay leaf. Stir liquid gradually into browned butter and flour until smooth.

Drain beans, add to sauce, simmer very slowly fifteen minutes.

STRING BEANS AND APPLES

1 qt. string beans
1 tablespoon butter
1 tablespoon sugar
2 hard apples
½ lemon
Salt

Remove strings from beans and soak in cold water one hour. Drain. Break in two or three pieces, barely cover with hot water, add a little salt, cook until beginning to get tender.

Have apples and lemon cut in thin strips like Julienne potatoes, without peeling them. Add to cooked beans. Add sugar and butter. Continue cooking fifteen to twenty minutes longer. All should be tender. Do not stir, but shake saucepan so as not to break contents. Serve as vegetable.

LIMA (BUTTER) BEANS

Wash beans thoroughly, soak in cold water one hour. Drain. Barely cover with boiling water, cook slowly until tender, one and one-half to two hours. Add a lump of butter, salt and pepper to season. If desired, tablespoon cream may be added just before removing from fire. Beans should be moist but not sloppy.

If dried beans are used, they should be soaked two hours before cooking.

SUCCOTASH

1 pint lima beans
2 cups scraped corn
2 lb. can tomatoes
1 teaspoon salt
2 tablespoons butter
White pepper

Either fresh or canned corn may be used. If fresh corn, cut down center of grains with a sharp knife, then scrape from ears. Soak lima beans in cold water one hour, drain. Add just enough boiling water to beans to cook tender. Cook slowly thirty minutes, add corn, continue cooking thirty minutes longer, add tomatoes. Cook again thirty minutes. Season with butter, salt and pepper.

LIMA BEAN SOUFFLE

1½ cups strained lima beans
½ cup milk
1 tablespoon melted butter
2 eggs
Salt, pepper

Wash lima (butter) beans if fresh. If dried beans are used, soak in cold water over night.

Cover with fresh cold water, cook until well done. Mash through ricer or fine sieve, measure required quantity.

Stir milk gradually into bean puree, add well-beaten egg yolks, butter and seasoning.

Fold in stiffly-beaten egg whites. Turn in baking dish. Bake in moderate oven about twenty-five minutes, browning lightly on top.

CREAMED OYSTER PLANT OR PARSNIPS

Scrub and scrape fresh oyster plant or parsnips. Cut in small pieces, add just enough cold water to cook tender, add salt while cooking, also one teaspoon lemon juice.

Cover vessel, cook slowly and steadily until tender, about forty-five minutes. Water should be evaporated by that time; add one tablespoon butter, salt and pepper to taste, add one tablespoon cream or rich milk. Toss frequently while heating.

After parsnips are cooked and drained, one cup medium white sauce may be added instead of the ingredients above.

FRIED PARSNIPS

Scrub and scrape young parsnips, plunge in cold water thirty minutes. Slice in long, thin pieces. Add just enough cold salted

water to cook tender. When done, drain and lay on platter until cold.

Dip in beaten egg then in rolled bread crumbs. Fry in hot butter or fat (not deep) until nicely browned.

PARSNIP FRITTERS

Scrub and scrape parsnips. Plunge in cold water thirty minutes. Cut in long strips, boil in just enough salted, cold water to cook tender. Add one teaspoon lemon juice while cooking, keep saucepan covered. Drain.

Make batter of one egg beaten light, one and one-quarter cup flour, a pinch of salt, one-quarter teaspoon sugar, one-quarter teaspoon baking powder, add just enough cold milk so that batter will drop from spoon.

Drop strips of parsnip into batter until well covered, fry in deep hot fat, browning nicely. Turn occasionally with a skimmer.

CREAM STUFFED EGG PLANT

1 medium egg plant
4 tablespoons rolled corn flakes, or grape nuts
1 teaspoon chopped parsley
1 cup thick white sauce
Parsley
Salt, pepper, paprika

Wash egg plant, soak in salted water one hour to crisp. Cut in half lengthwise, scoop out pulp, being careful not to break shell.

Cover pulp with boiling water, add a little salt, cook until tender. Drain from water, cut in very small pieces, add to white sauce. Season well with salt, pepper, paprika and parsley.

Fill shells with mixture. Sprinkle rolled corn flakes or grape nuts on top, dot with bits of butter.

Bake in hot oven ten to fifteen minutes, browning nicely.

STUFFED EGG PLANT WITH HAM

1 good-sized egg plant
1 egg
½ cup ground cooked ham
¼ cup rolled dry bread crumbs
Salt, pepper

Soak egg plant in cold salted water thirty minutes to crisp, cut in half crosswise, scoop out inside carefully so as not to break shell. Leave shell about one-half inch thick.

Cover pulp with boiling water, cook until tender. Drain, chop fine, add ham, egg slightly beaten, and bread crumbs. Season with salt and pepper.

Fill both shells with mixture, sprinkle bread crumbs and bits of butter on top. Bake in good moderate oven thirty minutes.

EGG PLANT WITH POST TOASTIES

Parboil egg plant until done, not soft. Cut in half, scoop out inside with a spoon, being careful to leave shell thick enough to fill. Mash removed portion and measure in a cup. To two cups egg plant, add one cup crisped rolled post toasties or corn flakes. Add one teaspoon sugar, one tablespoon cream, one tablespoon melted butter. Season well with salt and pepper.

Fill shells with mixture, sprinkle with bread or cracker crumbs and melted butter. Bake in moderate oven about twenty minutes until nicely browned.

BAKED EGG PLANT

2 tablespoons butter
1½ cups canned tomatoes
1 egg
1 teaspoon chopped onion
2 teaspoons tomato catsup
1 tiny piece garlic (chopped fine)
1 medium size egg plant
Salt and pepper

Peel egg plant, cut in pieces, removing seeds. Put in saucepan, barely cover with salted boiling water. Cook well done, drain, mash well.

Melt butter in saucepan, add chopped onion and garlic, when brown, add tomatoes. Season highly with salt, pepper and paprika. Cook fifteen minutes. Add catsup, mix well. Add mashed egg plant, stir while cooking five minutes. Remove from fire, add egg well beaten.

Turn mixture in baking dish, sprinkle with buttered bread crumbs. Bake in a hot oven until nicely browned on top, about ten minutes.

JERSEY EGG PLANT

½ cup cold water
½ cup canned tomatoes
½ tablespoon chopped onion
1 teaspoon sugar
Egg plant
Bread crumbs
Salt, pepper
2 tablespoons drippings

Cut egg plant in half lengthwise. Cut out center in cubes, being careful not to break shells. Soak cubes in salted water. Soak shells separate in salted water. When ready to prepare, drain shells, wipe dry, grease inside, put in moderate oven to brown lightly.

Put drippings in a hot skillet, add onion, when beginning to brown, add drained egg plant cubes. Stir occasionally until beginning to

brown, add water, salt, and pepper, stir occasionally until egg plant is tender, not broken. Add tomatoes and sugar, simmer on back of stove about fifteen minutes.

Cut stale bread in cubes (about one-half as much as egg plant cubes). Fry light brown in hot butter. Add to egg plant mixture, fill hot shells. Sprinkle tops with bits of butter and bread crumbs, brown top in oven.

FRIED EGG PLANT

1 cup cooked egg plant
½ cup flour
½ teaspoon baking powder
1 egg
Pinch salt

Soak egg plant in cold water half an hour to freshen, peel, cut in pieces, barely cover with boiling water, add a little salt and cook until done, about three-quarters hour. Drain and mash thoroughly. For each cup egg plant, add above ingredients.

Fry by spoonfuls in a little hot fat. Serve at once.

FRIED EGG PLANT WITH BATTER

Secure sound, fresh egg plant. Peel, slice in round pieces one-quarter inch thick. If egg plant is very large, cut slices in half. Soak in cold, salted water one hour.

Drain, dry and dip each piece with a fork into following:

Batter

1 cup sifted flour
½ cup milk
1 egg
1 teaspoon baking powder
¼ teaspoon salt

Beat egg light, stir in milk, sift in flour and baking powder. Add salt, stir well. Dip slices in batter, fry in hot fat quickly, browning on both sides.

Egg plant slices may be dipped in corn meal and fried, if preferred.

SOUTHERN EGG PLANT

1 medium size egg plant
¾ cup flour
½ cup milk (about)
¾ cup sugar
¾ cup cold water
1 egg
1 teaspoon baking powder
Salt, pepper

Peel egg plant, cut in blocks, add just sufficient boiling water to cook soft. Drain through sieve until dry, then mash soft and creamy. Stir in well-beaten egg, add flour and baking powder sifted together.

Mix well, stir in milk until mixture is consistency of griddle cake batter. Fry by kitchenspoonfuls in well-greased fryer.

In the meantime, have ready a hot greased saucepan or fryer, pour in sugar, let melt and brown as for caramel, add three-quarters cup water, mix, then simmer slowly until thick as syrup. Place hot cakes on a flat platter, pour boiling syrup over, and serve at once.

The boiling syrup should make cakes puff up.

PLAIN SPINACH

Cut off roots, pick over and discard all damaged or wilted leaves. Wash in five or six waters to remove every bit of grit. Put in a large saucepan, cover and let heat slowly in its own juice, adding no water except what clings to leaves. If spinach is tough, it may be necessary to add a little water. Cook twenty-five to thirty minutes until soft, pressing down occasionally with a fork. Drain thoroughly and put aside liquor.

Chop spinach very fine. Melt two tablespoons fat in a fryer, stir in one tablespoon chopped onion, brown lightly, add spinach, stir while cooking five minutes, stir in one tablespoon bread crumbs, cracker crumbs, or flour. Add sufficient spinach liquor to make soft, season with salt and pepper. Cover and cook very slowly fifteen to twenty minutes, stirring occasionally. Just before serving, stir in two tablespoons cream, let cook up once or twice. Serve with slices of hard-boiled egg on top.

MOCK SPINACH

Beet tops or large lettuce leaves (outside ones will serve) prepared and served as spinach are excellent substitutes and contain a large quantity of mineral salts.

Wash thoroughly several times, clean, cutting off stems. If beet tops are used, cut out center stem or vein in leaves as they are tough.

Cover with hot water, add a teaspoon salt and cook until tender, thirty to forty minutes, dependent on tenderness of leaves, then drain. Lettuce will cook much quicker than beet tops. Prepare same as spinach.

SPINACH A LA RICHELIEU

2 lbs. spinach
2 tablespoons melted butter
1½ cups medium white sauce
8 slices toast
2 hard-boiled eggs
Salt, pepper

Pick over and wash spinach carefully. Cook same as plain spinach. When done, drain in colander, then chop very fine. Season with salt and pepper, add melted butter.

Press spinach tightly in small timbale cups or after-dinner cups so that it will hold their shape. Set cups in a pan of hot water to keep hot.

Have slices of bread freshly toasted. Turn a spinach timbale in center of each toast slice. Press eggs through ricer over each timbale. Pour white sauce over toast around spinach. Nice for luncheons.

SPINACH RING

2½ lbs. spinach
2 eggs
2 tablespoons butter
1 cup milk
3 tablespoons sifted flour
Salt, pepper

Pick over spinach, cut off stems and wash thoroughly. Cook same as plain spinach. Drain in colander, putting liquor aside. Chop very fine.

Melt butter in saucepan, stir in flour until bubbly, add gradually two tablespoons water drained from spinach, stir in milk until smooth. Mix sauce with chopped spinach, add well-beaten eggs.

Turn in a well-greased ring mold. Set mold in a pan of hot water. Bake in a moderate oven twenty minutes.

When ready to serve, turn on platter, and sprinkle top with grated hard-boiled egg.

Fill center of spinach ring with creamed mushrooms.

SPINACH TIMBALES

Pick over and wash spinach thoroughly. Cook same as plain spinach. When done, drain in colander, chop very fine. Season with salt and pepper, add melted butter, one and one-half tablespoons for each pound of spinach.

Press tightly in buttered individual timbale molds. Set cups in hot water, let stand thirty minutes, without cooking. Turn on platter around meat or fowl when ready to serve.

SPINACH SOUFFLE

2 lbs. spinach
3 eggs
1 teaspoon salt
2 tablespoons butter
⅓ cup sweet cream, or
⅓ cup spinach liquor
Dash pepper

Wash and pick over spinach very carefully. Cook same as plain spinach. Drain, then chop fine. Melt butter in saucepan, add spinach, stirring well till hot. Season well with salt and pepper, stir in cream. Let cook three minutes. Remove from fire to cool.

Beat egg yolks light, stir in cold spinach, when well mixed, fold in stiffly-beaten egg whites. Bake in hot oven in a buttered baking dish set in a pan of hot water, fifteen to twenty minutes, or until well puffed up. Serve at once.

SPINACH AND MUSHROOMS

2 lbs. fresh young spinach
¼ lb. fresh mushrooms
¼ teaspoon salt
2 tablespoons butter
2 eggs
¼ cup cream
Dash white pepper

Pick over, stem and wash spinach thoroughly, cook same as plain spinach. Drain and chop fine. Beat egg yolks light, stir in cream, add to spinach, season with salt and pepper. Fold in stiffly-beaten egg whites. Turn in a buttered casserole or baking dish. Melt butter in saucepan, add mushrooms, stir lightly five minutes while cooking, then pour butter and mushrooms over spinach. Bake in moderate oven about fifteen minutes. Serve at once.

SPINACH TOAST

Pick over and wash spinach carefully, cook in its own juice or with very little water. Drain and chop very fine, add just enough hot medium white sauce to moisten. Season well, serve very hot on rounds of freshly-toasted sandwich bread. Garnish top with riced hard-boiled egg.

BELGARDE SPINACH

2 lbs. fresh spinach
1 cup thick cream sauce
½ cup grated American cheese
2 tablespoons butter
2 teaspoons flour
6 poached eggs

Pick over and wash spinach carefully, cut off stems, soak in cold water one hour. Drain. Cook same as plain spinach. Drain through colander, putting liquid aside. Chop spinach very fine.

Melt butter in fryer, when hot, stir in flour, then spinach, stir occasionally while cooking about ten minutes. If too thick, stir in a little of the reserved liquid or cream to moisten well, but do not make thin.

Put spinach in individual ramekins. Place a freshly-poached egg on top of each ramekin. Pour cream sauce over eggs, then sprinkle cheese over all. Put in hot oven just long enough to melt cheese. Serve at once.

Nice for luncheons.

SWISS SPINACH

1 lb. spinach
1 cup hot bread croutons
½ cup spinach juice
3 eggs
2 tablespoons butter
1 teaspoon salt
Dash pepper

Clean and wash spinach thoroughly, cutting off stems. If young and tender, cook in its own juice, if tough, add one-half cup water. Cook slowly twenty-five minutes, stirring occasionally. When done, drain and put liquid aside. Chop spinach very fine.

Melt butter in hot skillet, add spinach, stir until heated through, then add drained juice, salt and pepper. Cook slowly until most of the liquid is absorbed, but spinach should not be too dry. Just before serving, beat eggs slightly, stir into hot spinach until well mixed, add hot bread croutons, and serve at once.

SWISS CHARD

Prepare same as plain spinach, only add a little more water while cooking. The leaves are tougher than spinach and require longer cooking.

COLLARD GREENS

Select fresh, tender greens, pick over and wash very carefully in five or six waters, discarding all stems and part of those that penetrate leaves. Cover with cold water for one hour. Put a good size piece of fat bacon (bulk meat) in a large vessel, add one quart cold water, one teaspoon salt and one teaspoon sugar, if desired. When it comes to boil, add drained greens. Cook, covered, about one and three-quarters to two hours, or longer, stirring often from bottom. Let most of the liquor evaporate, pour balance over greens when serving. Accompany with egg bread or corn pones. This is a real southern dish.

TURNIP GREENS

Select fresh tender turnip greens, if greens have young turnips on them, the flavor will be finer. Pick over and wash very carefully in four or five waters, discarding all stems; cover with cold water, let stand one hour.

Scrub turnips, peel and slice in round slices, cover with water, let stand one hour.

Put a piece of fat white meat (bacon) about as large as a hand, in a large saucepan. Add one quart cold water (according to quantity of greens, add one teaspoon salt, and if desired, one teaspoon

sugar. Let water come to good boil, add drained turnips and greens. Cook steadily (not too fast) one and one-quarter to two and one-quarter hours or longer, turning greens over occasionally from bottom. Keep vessel covered while cooking. Most of the water will have been absorbed when done, the balance of liquor should be served over greens; it is considered very healthful. Accompany with corn pones or corn bread sticks.

STUFFED CABBAGE

1 medium white head cabbage
¾ cup soaked bread
¼ teaspoon sugar
1 teaspoon salt
⅛ teaspoon pepper
2 eggs
1 tablespoon butter
1 tablespoon chopped onion
4 tablespoons fat

Select a hard head white cabbage. Remove six fresh outer leaves carefully. Cut a round piece from top center, soak leaves and center in cold salt water. Scoop out inside of cabbage leaving a strong shell. Chop removed cabbage fine. Heat fat in saucepan, add onion and chopped cabbage, brown lightly, cover saucepan, cook slowly twenty minutes. Remove from fire, add squeezed, soaked bread, well-beaten eggs and butter. Mix well.

Season cabbage shell inside and out with salt and pepper. Fill with mixture, cover hole with soaked round leaves, place large leaves over, tie securely with string, and rub entire outside with melted butter or fat. Heat a little fat in a Dutch oven, or iron pot with tight-fitting top, place cabbage in, when hot, add one cup cold water. Cover tightly, cook one to one and one-half hours, until cabbage is tender and nicely browned all over. Baste occasionally.

STUFFED CABBAGE No. 2

Chopped cooked meat and bread crumbs may be added to chopped cabbage for filling, instead of soaked bread.

CABBAGE STUFFED WITH SPAGHETTI

1 head hard, white cabbage
1 cup milk
1 tablespoon flour
1 tablespoon butter
2 tablespoons melted butter
3 tablespoons grated yellow cheese
Salt and pepper
Paprika

Trim off outer leaves of cabbage, and cut a round thick slice from top. With a curved knife or spoon, scoop out center, leaving a rather thick wall and bottom.

Cover cabbage shell with strong salt water, let stand thirty minutes. Drain and wash in cold water, then cook in slightly-salted water until it may be easily pierced with a fork, but not long enough to lose its shape.

Remove from water, drain.

Cook spaghetti in slightly-salted boiling water twenty minutes, drain in colander.

Melt butter in saucepan, stir in flour, when bubbly, stir in milk until thickened and smooth. Add cheese, stir until well mixed, season with salt, pepper and paprika.

Mix cheese sauce with cooked spaghetti, fill cavity in cabbage with mixture. Pour melted butter over top and sides of cabbage. Bake in hot oven until tender and top is browned nicely, about thirty to forty-five minutes.

SMOTHERED CABBAGE

1 medium size hard white cabbage
2 level tablespoons butter
2 level tablespoons flour
1 cup milk
1 teaspoon salt
1 level teaspoon sugar
1½ teaspoons soda
Pinch white pepper

Clean cabbage, shred like slaw. Let stand in cold water to which soda has been added, one hour. Drain in colander, letting cold water run over several times.

Melt butter in saucepan, stir in flour until bubbly, add milk gradually, stir until smooth, not thick. Add drained cabbage, mix well, cover tightly, cook very slowly thirty minutes, stirring occasionally with a fork. Season with salt, sugar and pepper.

CABBAGE PUDDING

1 medium size cabbage
2 tablespoons melted butter
1 cup soaked bread
¼ teaspoon soda
2 eggs
Salt, pepper

Cut cabbage in quarters, soak in cold water one hour; drain. Cover with cold water, add soda, boil fifteen minutes. Drain from soda water, boil twenty minutes in clear water. Drain. Chop cabbage, not too fine.

While cabbage is cooking, soak bread in cold water, drain and squeeze dry. Add bread to chopped cabbage, beat in eggs, add butter. Season highly with salt and pepper.

Pour in a casserole or baking dish, bake in moderate oven until done, and nicely browned on top, about twenty-five minutes.

CABBAGE AU GRATIN

Cut one medium sized head hard white cabbage in quarters, then in half again. Cook in just enough boiling water to cover, add one-quarter teaspoon soda. Boil fifteen minutes; then drain. Put back to cook in a very little boiling salted water, cook covered until tender, about twenty minutes. Drain.

Put in casserole or baking dish, season with salt and pepper. Add three tablespoons grated yellow cheese to one cup thin white sauce while hot, pour over cabbage. Cover with buttered bread crumbs.

Place on grate in moderate oven. Brown nicely on top.

RED CABBAGE

1 medium size red cabbage
1 small onion (cut fine)
1 tablespoon flour
1 tablespoon brown sugar
2 tablespoons fat
1 cup water
¼ cup vinegar
Salt and pepper

Wash cabbage, slice in shreds, place in colander and pour boiling water over several times, then drain. Heat fat, add onion, let brown lightly, add shredded cabbage, cover saucepan, let cook ten minutes. Add water. Mash flour smooth in vinegar, add sugar, then add to cabbage with salt and pepper to season. Cover closely, let cook slowly until cabbage is tender. More sugar may be added if desired.

CREAMED CELERY CABBAGE (CHINESE)

Remove wilted leaves from a firm head celery cabbage. Loosen inner leaves slightly so that no insect may be concealed. Soak in cold water one hour. Drain, cover with cold water, slightly salted, cook about forty-five minutes until very tender. Test by piercing with a fork. When done, drain dry, put in serving dish and cover with white or cream sauce.

SAUERKRAUT WITH BRISKET

4 lbs. brisket of beef (1st or 2nd cut)
2 teaspoons sugar
2 lbs. sauerkraut
1 large hard apple
1 bay leaf
2 whole cloves
1 tablespoon lemon juice
Salt (if necessary)

Put brisket in soup pot, barely cover with water, let cook about two hours. Drain and put aside three cups liquid. Put brisket back in pot, cover with sauerkraut, add reserved stock, cover pot, cook

slowly thirty minutes, add apple cut in quarters and cored, but not peeled. Add bay leaf, cloves, sugar, salt and lemon juice. Let continue cooking slowly two hours. Sugar and lemon juice may be omitted if preferred.

Serve with creamed potatoes.

SAUERKRAUT WITH MEAT AND DUMPLINGS

3 lbs. brisket
2 lbs. sauerkraut

Secure first cut brisket. Cover with water, season with salt and pepper, cook three to four hours until meat is tender. Add kraut thirty minutes before serving and let cook well. Fifteen minutes before serving, add:

Dumplings

2 cups flour
1 cup milk
4 teaspoons baking powder
2 teaspoons butter
½ teaspoon salt

Sift flour, salt and baking powder together. Work in butter with tips of fingers. Add milk gradually. Drop by tablespoons on top of meat and kraut. Dumplings should rest on the meat and kraut, and should not settle into the liquid as this makes them heavy. If there is too much liquid, remove it before adding dumplings.

Cover closely, cook ten minutes without uncovering. Serve at once, placing dumplings around meat and kraut.

SAUERKRAUT WITH SAUSAGE

2 lbs. fresh kraut
1 tablespoon butter
1 tablespoon sugar
Lemon or vinegar

Put sauerkraut in large saucepan, if not sufficient liquor, add a little soup stock or water. Let cook slowly one and one-half hours. Add butter, season to taste with sugar and lemon juice or vinegar.

Add Vienna or ring sausage. Cook without covering vessel, twenty minutes if ring sausage is used, or ten minutes for weiners.

Serve with creamed potatoes or potato balls.

HUNGARIAN SAUERKRAUT WITH KRAUT SAUSAGES

2 lbs. fresh sauerkraut, or 1 can sauerkraut
1 medium size onion (shredded)
2 tablespoons fat
2 tablespoons flour
3 cups cold water
8 large cabbage leaves
2 lbs. brisket
2 lb. can tomatoes (mashed through sieve)
¾ lb. lean round steak
½ cup cooked rice
1 egg
1 tablespoon chopped onion

Put brisket in large saucepan or soup pot, add water, cook two hours, turning meat several times. Add kraut and shredded onion, let cook tightly covered for two hours, stirring occasionally with a fork.

Thirty minutes before serving, heat fat in fryer, add finely-chopped onion, stir until yellow, then stir in flour until golden yellow, add tomatoes, stir two minutes while cooking, then pour contents of fryer over kraut in saucepan.

Lay kraut sausages (that have been made while kraut is cooking) on top carefully, and cook thirty minutes, keeping saucepan closely covered.

TO MAKE KRAUT SAUSAGES

Cover cabbage leaves with boiling water, let stand until soft enough to roll. Cut off part of thick vein in leaves. Chop meat very fine, add rice, season well with salt and pepper, add beaten egg.

Divide meat in center of cabbage leaves, fold in ends of leaves, then roll up like small sausages, allowing a little room to swell. Fasten with toothpick, or tie with white thread.

SAUERKRAUT AND SPARE RIBS

2½ lbs. sauerkraut
3 lbs. spare ribs
1 bay leaf
1 pint cold water
3 tablespoons brown sugar
1 tablespoon lemon juice
3 tablespoons flour
1 clove

Put one-third of sauerkraut in bottom of large saucepan, sprinkle with a little of the flour, put one-half the spare ribs on top, then make a second layer of sauerkraut, flour and spare ribs. Cover with balance of sauerkraut and flour. Add bay leaf and clove, pour water over, cover saucepan, cook, not too fast, one and one-half to two hours.

Remove spare ribs, add sugar and lemon juice to kraut, let cook very slowly on back of stove.

Spare ribs may be served as they are, or browned in oven before serving.

SAUERKRAUT DOL-A-MAH

3 lbs. solid round steak
1½ lbs. sauerkraut
10 thin slices bacon
2 tablespoons fat
Salt, pepper

Secure a three-pound round steak, cut one inch thick. Season well on both sides with salt and pepper. Cover one side with strips of bacon, then lay sauerkraut on top of bacon and roll up steak. Sew around edges or fasten with skewers.

Heat fat in a roasting pan or Dutch oven with tight fitting top, lay in meat. When lightly browned on both sides, add two cups water. Bake one and one-half to two hours in moderate oven, until meat is tender. Serve with self gravy which may be thickened with a little flour if desired.

Serve on hot platter garnished with parsley and slices of lemon.

BRUSSELS SPROUTS

Secure one quart fresh Brussels sprouts, remove wilted outside leaves, let stand in cold water thirty minutes to crisp. Drain.

Add just enough boiling water to half cover sprouts, season with salt and pepper. Cook until very tender, but not broken, about thirty to forty minutes.

Water should be absorbed, what is left should be drained off. Add a good tablespoon butter and two tablespoons cream, let boil up once or twice before serving.

BRUSSELS SPROUTS No. 2

Drain and cover cooked sprouts with cream sauce before serving.

PLAIN BOILED CAULIFLOWER

Select a firm white head cauliflower, trim off leaves, cut off stalk. Soak, head down, in cold salted water, one hour. Drain.

Cook in boiling salted water, head up, or tied in a clean cloth, until tender, thirty to forty-five minutes, dependent on size.

When ready to serve, drain from water, sprinkle lightly with salt and pepper, serve with medium white sauce either poured over or separate.

BAKED CAULIFLOWER

Prepare and cook same as plain boiled cauliflower. When done, drain from water, separate parts of cauliflower, if desired, arrange nicely in a baking dish or pyrex pie plate, sprinkle a little salt and pepper over. Cover with a mixture of one-half cup bread crumbs and grated yolk of one hard-boiled egg.

Pour one-half cup sweet cream over all. Brown nicely in moderate oven.

CAULIFLOWER EN CASSEROLE

1 firm white head cauliflower
¾ cup finely-rolled bread crumbs
¼ cup butter

Clean and boil as usual. When done, drain from water, place head up carefully in a casserole or pyrex pie plate. Sprinkle with salt and pepper. Mix bread crumbs and butter together, cover top of cauliflower with it. Bake in moderate oven until nicely browned, fifteen to twenty minutes.

CAULIFLOWER EN CASSEROLE No. 2

Cover cooked cauliflower with cream sauce, sprinkle with buttered bread crumbs and bake.

CAULIFLOWER AU GRATIN

Cover cooked cauliflower with cream sauce, sprinkle with grated cheese, cover with buttered bread crumbs before browning in oven.

CAULIFLOWER ROSES

Select a loose head fresh cauliflower. Remove leaves and cut off stalk. Separate in sections so that each section may be served separately. In some cities one can purchase these separate, small sections of cauliflower or roses.

Soak in salt water to crisp until ready to cook. Tie roses in a clean napkin, cook twenty minutes or until tender, in boiling salted water.

Remove from water, drain, put separately in a pyrex pie plate or pan. Have ready a hot medium white sauce. Pour sauce over roses, sprinkle with buttered bread crumbs, bake ten minutes in a moderately hot oven.

Serve roses around baked fowl as garnishment, or may be served from pyrex plate.

CREAMED CELERY

Wash, scrape and cut fresh celery stalks, in one inch pieces. Soak in cold water one hour to crisp. Cook in just enough boiling, slightly salted water to make very tender. Drain. Heat one cup thick white sauce, add cooked celery. Season with salt and pepper.

Water in which celery was cooked may be used for cream of celery soup.

FRIED CELERY

Use tough, outer stalks of celery that are usually discarded when serving. Clean and wash well. Pull off some of the stringy part. Cut in three-inch pieces, soak in cold water thirty minutes. Drain.

Cook in slightly salted boiling water until just tender enough to pierce with a fork.

Drain dry. Chill in refrigerator. When ready to cook, dip pieces in following:

Batter

1 tablespoon butter
1 tablespoon flour
1 egg yolk
½ cup milk
1 teaspoon lemon juice
½ teaspoon salt
⅛ teaspoon paprika
Dash pepper

Melt butter, stir in flour until bubbly, stir in milk gradually until thick, add seasoning and lemon juice. Stir in beaten egg yolk until well mixed. Remove from fire, let cool.

When ready to serve, dip celery pieces in batter to cover well. Roll in fine bread crumbs, fry in deep hot fat like oysters. Drain well. Serve with broiled steak.

CELERY ROOT OR CELERIAC

Secure firm celery root, cut off long stringy part, scrub carefully with vegetable brush.

Cook in boiling salted water until tender. Drain. Peel, then slice in one-eighth inch thick slices, or in cubes. Season with salt and pepper. Heat with a lump of butter and two tablespoons cream.

CELERY ROOT No. 2

When cooked and drained, cover with hot medium white sauce.

BOILED OKRA

Secure young tender okra, wash, cover with cold salted water thirty minutes. Drain, cut off stem ends and small points. Cook in very little boiling salted water. When tender, add a lump of butter and pepper to season. Okra should be cooked thirty to forty-five minutes. Water should be absorbed in cooking.

NEW ORLEANS OKRA

1 qt. okra
1½ cup canned tomatoes, or 8 ripe tomatoes
2 strips breakfast bacon
Salt, pepper

Secure fresh tender okra, soak thirty minutes in cold water. Drain. Cut in round pieces, a little thicker than for gumbo soup.

Cut bacon in small pieces, fry in skillet, when crisp, add okra,

stir occasionally while cooking slowly about fifteen minutes. Keep skillet covered when not stirring.

If fresh tomatoes are used, cut in small dice. Add tomatoes to okra. Season well with salt and pepper. Cover skillet, let cook very slowly one hour, stirring occasionally until done.

BOILED BEETS

Secure tender, young beets, cut off tops, not too close, or beets will "bleed" and lose red color. Scrub, then cover with cold water, let boil until very tender, one and one-half to three and one-half hours, dependent on freshness and age. When done, drain, rub off skins, then slice. Put in saucepan, add salt and pepper and a lump of butter, heat on back of stove. Serve hot.

BAKED BEETS

Baked beets retain their sweetness better than when boiled, but only fresh young beets are good when baked.

Scrub with vegetable brush. Do not cut off stems closely, or beets will lose red color.

Place in a small baking pan, pour cold water over to cover. Bake in a hot oven, turning frequently with a spoon. Be careful not to break skins. Bake three to three and one-half hours until tender, dependent on tenderness. When done, skin, and serve either whole or cut in slices with butter, pepper and salt over.

LATTICE BEETS

Scrub and boil beets tender, rub off skin, then chill. When cold, slice with a lattice vegetable slicer that comes for this purpose. Put in saucepan, season with salt, pepper and butter. Keep hot until ready to serve.

BEET CUPS WITH PEAS

Secure large canned beets, or boil large fresh ones until done, peel. Cut off pointed tips and scoop out inside, leaving a thick cup.

Season one can tiny peas with two tablespoons butter, two teaspoons sugar, salt and pepper to taste. Cook twenty minutes. Drain, not too dry.

Fill beet cups with peas, place in hot oven just long enough to heat beets. Garnish centers of cups with a tiny sprig of parsley. Serve around fowl platter.

CREAMED CUCUMBERS

Secure sound, fresh, large cucumbers. Peel thinly with a silver knife. Remove large seeds. Cut in pieces, barely cover with boiling salted water. Cook until tender. Drain. Add a lump of butter, pepper and sufficient sweet cream to make moist. Simmer three minutes before serving.

CREAMED CUCUMBERS No. 2

Cucumbers may be prepared same as above, then mashed instead of leaving in pieces.

CREAM STUFFED CUCUMBERS

3 large cucumbers
1 tablespoon butter
2 tablespoons flour
4 tablespoons rolled corn flakes
1 cup milk
1 teaspoon chopped parsley
Salt, pepper, paprika

Secure cucumbers of uniform size, long, thick ones are best, not old enough to have many seeds. Wash and soak in cold salted water one hour to crisp. Cook in slightly salted boiling water until tender, not broken, about thirty to forty-five minutes. When done, drain and slice in half, lengthwise. Discard large seeds and remove pulp with a teaspoon, being careful not to break shells.

Melt butter in saucepan, stir in flour until bubbly, add milk gradually until mixture is smooth and thick. Remove from fire, add cucumber pulp cut in very small pieces. Season well with salt, pepper and paprika. Add parsley. Fill shells with mixture, sprinkle with rolled corn flakes, drop bits of butter on top. Bake in oven about fifteen minutes, browning tops nicely.

STEAMED SUMMER SQUASH

Wash, pare and cut tender young squash in pieces. Cook in just sufficient water to cook soft, about twenty-five minutes. Drain, mash with potato masher until creamy, season with salt, pepper, a lump of butter and a little sweet cream.

SQUASH PATTIES

Secure tender, fresh squash, small round variety, cover with cold water thirty minutes to crisp. Cut in halves, crosswise, remove seeds and stringy part, place in baking pan, skin side down, sprinkle with

salt, pepper, a little sugar and bits of butter, add one-quarter cup water or milk. Bake forty-five to fifty-five minutes in moderate oven, keeping covered first thirty minutes.

VEGETABLE MARROW

Secure tender squash, long green and white variety. Cover with cold water thirty minutes. Drain, peel, cut in two-inch squares, remove seeds and stringy part. Place in baking pan, sprinkle with salt, pepper, bits of butter and a little molasses. Bake forty-five to fifty minutes until soft, in a moderate oven, keeping covered first twenty-five minutes.

SQUASH SAUTE

3 medium size squash
1 small onion (chopped)
3 thin slices breakfast bacon
¾ cup cold water (about)

Use round white variety tender squash. Wash, cover with cold water thirty minutes to crisp.

When ready to cook, drain, peel and cut in thin slices.

Cut bacon in pieces, brown in skillet, add onion, brown. Add squash, then pour water over all. Cover skillet, cook until tender and water almost evaporated. Stir often. When perfectly tender, remove top of saucepan, stir until squash is golden brown. Serve hot as vegetable.

SQUASH AU GRATIN

4 small round squash
½ cup milk
¼ cup bread crumbs
2 eggs
⅓ cup grated cheese
2 tablespoons butter
1 teaspoon sugar
Salt and pepper

Parboil squash in boiling salted water until tender. Drain. Cut in half crosswise. Remove centers, leaving a thick shell. Discard seeds and stringy part, mash balance smooth, add well-beaten eggs, milk, butter and seasoning. Fill shells with mixture, sprinkle tops with bread crumbs and cheese. Brown in slow oven to melt cheese.

STUFFED SQUASH

2 large squash
1 egg
½ cup bread crumbs
1 tablespoon cream
1 teaspoon sugar
Salt and pepper

Clean, then cook whole squash in boiling water until tender, not broken. Drain and cut in half crosswise. Scrape out center, leaving a good shell.

Remove seeds. Cream remaining pulp with bread crumbs, add egg well beaten, cream, sugar, salt and pepper to taste, mix well. Fill shells with mixture. Sprinkle bread crumbs and bits of butter on top. Bake in moderate oven, browning tops nicely, about thirty minutes.

STUFFED SQUASH No. 2

Squash may be cooked same as above, adding one-half cup thick white sauce to creamed squash instead of bread crumbs for filling.

STUFFED SQUASH No. 3

Add one-quarter cup rolled crisped grape nuts to white sauce before filling squash.

SQUASH PUDDING

2 medium size squash
½ teaspoon salt
1 egg
Pepper

Peel and cut squash in small pieces, put in saucepan, add salt and sufficient water to keep from scorching. Cook tender thirty to sixty minutes. When done, mash through ricer, whip with egg whip until light, add egg well beaten, season with salt and pepper. Bake in small baking pan, about twenty minutes.

SQUASH CAKES

1½ cups cooked squash
½ cup sifted flour
1 egg
1 teaspoon baking powder
½ teaspoon salt
Dash pepper

Use tender squash, about two medium size ones. Left over squash may be used.

Peel, cut in half, remove seeds, cut in blocks, add just sufficient water to cook tender as squash draws water.

When done, drain, mash perfectly smooth, add well-beaten egg, salt and pepper. Add flour and baking powder sifted together. Mix well, fry by spoonfuls on hot griddle, using a little more grease than for griddle cakes.

BAKED CUSHAW

Secure a young, tender cushaw. Cut in half, remove seeds and stringy part. Sprinkle salt and pepper over. Put halves in pan, skin side down, in a moderate oven. Bake until inside is soft like

sweet potato, about one hour. When almost soft, cut bits of butter over and finish baking. Tops should be slightly brown. Serve in shell.

BAKED PUMPKIN

Cut pumpkin, remove seeds and stringy part, then pare. Cut in small pieces, cook soft in very little water, as pumpkin draws water. Drain and mash smooth.

To two cups mashed pumpkin, add one-half cup hot milk, two tablespoons butter, one-half teaspoon salt, one-quarter teaspoon cinnamon. Mix well, turn in baking dish. Bake in hot oven until brown, about twenty minutes.

MASHED TURNIPS

Wash and pare turnips, cut in quarters or slices. Cook in salted boiling water until half done. Add one or two peeled white potatoes, continue cooking until potatoes and turnips are soft. Drain, mash and season with butter, salt, pepper, and a little sugar.

If preferred, potatoes need not be added.

BAKED TURNIPS

Wash, pare and cut in round slices, about one inch thick, soak in cold water one hour. Drain. Cover with slightly salted boiling water, cook about twenty minutes until tender, but not soft. Drain.

Put slices in baking dish, sprinkle lightly with salt, pepper, and one teaspoon sugar. Drop bits of butter on top, pour one-half cup milk over all.

Bake in moderate oven thirty to forty minutes until done and slightly browned. If turnips are very dry when done, pour one tablespoon cream over and shake well before serving.

TURNIPS A LA POULETTE

3 cups raw diced white turnips
1 cup milk
1 egg yolk
1 teaspoon salt
¼ teaspoon paprika
2 tablespoons butter
2 tablespoons flour
1 tablespoon lemon juice
Dash white pepper

Secure small, tender white turnips. Wash, peel, and cut in medium size dice. Soak in cold water thirty minutes. Drain. Add two cups boiling water and one teaspoon salt, cook until tender. Drain in colander.

Melt butter in saucepan. stir in flour until bubbly, add milk gradually until smooth. Season with salt, pepper, paprika and lemon juice. Add turnip dice, set on back of stove until ready to use.

Just before serving stir in well-beaten egg yolk and remove at once from fire.

KOHLRABEN

Wash kohlraben, cut off turnip-looking part, pare, cut in large dice, soak in cold water thirty minutes. Clean greens, soak in cold water, drain, cover with boiling salted water, cook until tender, about one and one-half hours.

Drain diced part, cover with cold water, cook in separate saucepan until tender, about one and one-half hours.

Drain greens in colander, chop very fine. Heat a little fat in fryer, add one tablespoon flour, stir until brown, add chopped greens, then add drained dice pieces. Season with salt and pepper, add one cup soup stock, mix well. Cook slowly twenty minutes before serving.

CREAMED KOHLRABEN

Cut turnip-looking part from greens. Peel and slice in round slices or dice pieces. Soak in cold water thirty minutes, drain, then barely cover with boiling water. Add salt, cook very tender, not broken, one and one-half to two hours.

Twenty minutes before serving, melt two tablespoons butter in saucepan, stir in two tablespoons flour until bubbly, add one cup milk, stir until smooth and thick, season with salt, pepper, and paprika.

Drain kohlraben dice from water, add to sauce without breaking, just before serving, stir in well-beaten yolk of one egg. Do not leave on fire after egg is added or sauce will curdle.

VEGETABLES A LA POULETTE

1½ cups fresh carrots cut in strips
¾ cup fresh turnips cut in strips
1 cup chicken stock
¼ cup sweet cream
1 teaspoon minced parsley
3 tablespoons flour
1½ cup cooked green peas
2 egg yolks
3 tablespoons butter
2 teaspoons lemon juice
Salt and pepper

Peel and wash carrots and turnips, cut in strips, cook separately in salted water until tender. Drain and mix, add peas.

Melt butter in saucepan, stir in flour until bubbly, add chicken stock gradually while stirring until smooth, add parsley, stir in cream, season well with salt and pepper. Add vegetables, let heat well in sauce.

Just before serving, add lemon juice and slightly-beaten egg yolks. Let simmer three minutes, but do not boil or sauce may curdle.

BOILED ONIONS

Cover onions with cold water, remove skin while under water. Cook in boiling salted water five minutes. Drain. Cover again with boiling water. Cook one hour until tender, but not broken. When done, add a large lump butter, season to taste with salt and pepper. A spoonful cream gives a dainty flavor.

To destroy the odor of onions while cooking, place a cup of vinegar on stove. Let it boil and the disagreeable odor will disappear.

ONIONS WITH CREAM SAUCE

Peel onions, cook same as boiled onions. When done, drain. Add a large lump butter, pepper and salt to taste.

Scald one cup milk. Rub one and one-half tablespoons flour smooth with a little cold milk, add to hot milk, stir until smooth and slightly thickened. Pour over onions. Simmer slowly ten minutes before serving.

BAKED ONIONS

Wash and peel onions. Soak in cold water one hour to crisp. Cook in boiling salted water until tender, not broken. Drain dry.

Place in baking dish or casserole. Season with salt and pepper, drop bits of butter over top, sprinkle two or three drops of Worcestershire over. Brown in moderate oven, about twenty minutes, until tender.

PLAIN FRIED ONIONS

Peel as many onions as required. Cut in thin slices. Heat three or four tablespoons fat in fryer, dependent on quantity of onions. Add onions, fry golden brown, shaking pan occasionally so that they do not burn.

Sprinkle with salt just before removing from fire. Serve over steak or fried liver.

FRENCH FRIED ONIONS

Select large Bermuda or Spanish onions. Peel, then slice in round slices about one-eighth inch thick. Cover with milk to soak one hour. When ready to cook, drain from milk, dry slices on clean towels, dip in sifted flour until covered on both sides. Fry golden brown in deep, hot fat. Remove with a skimmer, sprinkle with salt and drain on brown paper. Serve hot with steak or roast.

STUFFED ONIONS

The large Bermuda or Spanish onions are best to prepare this way. Remove skins, parboil until tender, not broken, in boiling salted water, about fifteen minutes. Turn upside down to cool, then remove centers, leaving a thick shell.

Fill cavities with equal parts of bread crumbs, chopped ham or chicken, and finely-chopped onion that was removed from centers. Add melted butter, salt and pepper to season, add cream or milk to moisten. Fill cavities with mixture. Place onions in a shallow baking pan, sprinkle liberally with rolled bread crumbs and melted butter. Bake in moderate oven until soft.

STUFFED ONIONS No. 2

Prepare, boil and bake onions same as stuffed onions. Fill with dressing made of chopped removed onion centers, one-half cup chopped pecans, one-half cup rolled bread crumbs, two tablespoons melted butter, salt and pepper to season, and a little soup stock to moisten.

BROILED TOMATOES No. 1

Wipe and cut sound, ripe tomatoes in halves crosswise. Cut a thin slice from rounding part of each half. Dip halves in cold melted butter, dust with salt and pepper, and a bit of sugar if desired. Place in a well greased double broiler, broil quickly on both sides, six to eight minutes.

BROILED TOMATOES No. 2

Prepare tomatoes same as above. Sprinkle with salt and pepper, dip in rolled bread crumbs, then in slightly-beaten egg, and crumbs again. Broil in greased double broiler.

BROILED TOMATOES No. 3

Tomatoes may be prepared for broiling same as No. 1 or No. 2 and cooked on a very hot, slightly greased griddle, browning quickly on both sides.

FRIED TOMATOES

Cut sound, fresh tomatoes in thick slices, season with salt and pepper, dip in sifted flour. Fry brown in a little hot butter.

FRIED TOMATOES No. 2

Slice tomatoes as above. Dip in beaten egg, then in rolled bread crumbs. Fry in hot butter.

ESCALLOPED FRESH TOMATOES

Peel and slice as many ripe tomatoes as required; place a layer in a baking dish, cover with bread or cracker crumbs, a dash of salt and pepper, and bits of butter; continue with alternate layers of tomatoes, crumbs and seasoning until dish is full, the top layer being of crumbs, with bits of butter on top.

Bake about three-quarters hour in moderate oven.

ESCALLOPED CANNED TOMATOES

2 lb. can tomatoes
½ cup bread crumbs
2 tablespoons melted butter
1 teaspoon sugar
¼ teaspoon salt
Dash pepper

Mash tomatoes through a coarse sieve, add sugar, salt, pepper, butter and bread crumbs. Put in baking dish. Sprinkle a few crumbs over top, drop tiny bits of butter over.

Bake thirty minutes in moderate oven with cover over dish. Remove top and brown quickly.

STEWED TOMATOES

Use either canned or fresh, ripe tomatoes. If using the latter, plunge in boiling water one minute, then drain and remove skins, cut in pieces.

Cook in porcelain or aluminum saucepan (never tin or iron).

Season with salt and pepper. Add one tablespoon sugar and one and one-half tablespoons butter. Cook thirty minutes, stir occasionally.

Ten minutes before serving, add sufficient bread crumbs to thicken slightly.

PLAIN STUFFED TOMATOES

Select six firm, ripe tomatoes. Wash and dry well, cut off a thin slice from top of each, scoop out centers, being careful not to break shells.

Make a dressing of removed tomato chopped very fine, add three rolled crackers, one tablespoon melted butter, and one beaten egg. Season with salt and pepper.

Fill shells with mixture, put a bit of butter on top of each, sprinkle cracker crumbs over top.

Bake in hot oven thirty minutes. Serve at once. Chopped nuts may be added to the dressing and improves it.

STUFFED TOMATOES WITH MEAT

6 large tomatoes
1½ tablespoons butter
2 tablespoons chopped tomato centers
¾ cup cooked rice
¼ cup finely-chopped cooked ham
½ cup finely-chopped cooked meat
Salt and pepper

Select large, firm, ripe tomatoes. Cut off a slice from stem end. Scoop out centers carefully so as not to break shells.

Mix rice, meat, ham and chopped tomato centers together, add butter, salt and pepper to taste.

Fill shells with mixture, put a small piece of butter on top of each. Bake in moderate oven, twenty to twenty-five minutes.

Rolled bread crumbs may be used instead of rice.

STUFFED TOMATOES WITH CHEESE

6 tomatoes
1 cup bread crumbs
¾ cup grated cheese
1 teaspoon chopped parsley
2 tablespoons melted butter
2 tablespoons rolled corn flakes
Salt, pepper
Dash cayenne

Prepare tomato shells as for plain stuffed tomatoes. Chop scooped part (not too fine), add grated cheese, melted butter, bread crumbs and seasoning.

Fill shells with mixture, brush tops with melted butter, sprinkle with rolled corn flakes.

Bake in moderate oven, about thirty minutes, until done and nicely browned on top.

TOMATOES STUFFED WITH PEANUTS

8 medium size firm tomatoes
2 tablespoons melted butter
⅓ cup rolled bread crumbs
½ cup coarsely-rolled roasted peanuts
Salt and pepper

Prepare tomato shells as for plain stuffed tomatoes. Cut centers in small pieces, mix with bread crumbs and peanuts. Add butter, season with salt and pepper. Fill shells with mixture. Bake in buttered pan in moderate oven, about twenty-five minutes.

TOMATOES STUFFED WITH CORN

2 cups grated fresh corn, or 1 can corn
½ cup milk
1½ teaspoons salt
1 teaspoon sugar
2 tablespoons butter
1 tablespoon sifted flour
6 large sound ripe tomatoes, or 9 medium size tomatoes
Pepper

Wash tomatoes, cut a slice from top of each, scoop out inside, being careful not to break shells.

Grate corn, measure required quantity. Add milk, butter, salt, sugar and pepper. Cook slowly twenty minutes, stirring often.

Dissolve flour smooth in a little milk, add to corn, cook five minutes longer.

Fill tomato shells with mixture, sprinkle rolled buttered bread crumbs on top, bake in moderate oven, about twenty-five minutes, browning top lightly.

TOMATOES STUFFED WITH SPAGHETTI

Prepare tomato shells as usual. Add tablespoon water and one tablespoon butter to removed centers. Season with salt and pepper. Cook slowly twenty minutes, then strain through fine sieve.

Break fine spaghetti in one-inch pieces, cook in boiling salted water twenty minutes, drain in colander, let cold water run over, drain again. Mix spaghetti and tomato mixture together, season to taste.

Fill shells with mixture, drop a bit of butter on top. Bake in hot oven and brown nicely, about twenty minutes.

BOILED ARTICHOKES (FRENCH OR BURR)

Trim off stem close to leaves, remove wilted leaves, trim off about one inch from points of others with sharp scissors. Wash, then cover, head down, with cold water thirty minutes. Drain. Boil thirty to forty minutes in boiling salted water, to which a little lemon juice or vinegar has been added.

Remove from water, turn upside down to drain. Serve hot with Hollandaise sauce, Sauce del monte, or Vingarette sauce, or cold with mayonnaise. The leaves of the artichoke are drawn out separately with the fingers, the fleshy end dipped in sauce and eaten. The bottom, or heart, of the artichoke, is the most delicate and is also eaten with the sauce.

HEARTS OF ARTICHOKE

Remove all leaves from artichoke, then take off choke. Trim bottoms neatly, boil thirty minutes in boiling salted water to which a little vinegar or lemon juice has been added. Drain and serve hot with Sauce del monte or Hollandaise sauce.

STUFFED ARTICHOKES

Trim and prepare artichokes as usual. Boil tender in salted, acidulated water. Drain, then cut out bottoms with a sharp knife. When cold, chop up tender part of bottoms, mix with riced hard-boiled eggs and mayonnaise. Fill cavities with mixture. Serve upright on lettuce leaves with a little mayonnaise at the side.

ARTICHOKES (JERUSALEM)

Secure fresh artichokes, scrub with vegetable brush, then scrape with a sharp knife. Soak in cold water one hour. Drain. Cook in boiling salted water to barely cover, add one tablespoon vinegar or lemon juice. Cook, not too fast, until very tender, but not broken, thirty to forty-five minutes.

Drain, add a lump of butter, one teaspoon sugar, salt and pepper, and two or three tablespoons cream. Cover saucepan, set on back of stove to simmer five minutes.

ARTICHOKES (JERUSALEM) No. 2

Artichokes may also be cooked until tender, drained and covered with white sauce or Hollandaise sauce.

RICED CHESTNUTS

Remove shells, scald, then scrape skin from chestnuts, cook until soft in slightly salted boiling water, drain, press through ricer in center of dish on which meat or chicken is served.

CHESTNUT PUREE

Remove shells and skin from chestnuts, cook until soft in boiling salted water, drain and press through ricer or fine sieve. Moisten with hot cream or milk, season with salt and pepper, and beat light with a spoon. Puree may be served plain or as accompaniment to fowl or meat.

CHESTNUT ROSES

Squeeze chestnut puree through rose tube in a pastry bag, arranging while squeezing on edge of platter in which fowl or game is served. Garnish center of each rose with a tiny strip of green pepper.

FRESH ASPARAGUS

Cut off lower hard part of asparagus down to where they will snap. Scrape off skin, wash thoroughly, then retie in bunches, with a clean string, leaving tops all one way. Cover with cold water until ready to cook.

It is best to cook asparagus standing upright in a deep vessel of boiling salted water; leave tips above water for the first ten or fifteen minutes, then pour in enough boiling water to cover tips. A five-pound lard bucket is a good vessel in which to boil asparagus. Let boil twenty to thirty minutes, or until tender; some asparagus requires longer cooking than others. Do not cook too long; it should be crisp rather than soft.

When tender, drain, place bundles on dish, then cut string. Cover tip ends with bread crumbs browned in butter, Drawn Butter Sauce or Cream Sauce. Or chill, and serve with Hollandaise, Mayonnaise, or Vingarette Sauce.

CANNED ASPARAGUS

Open can as directed on wrapper so that tips will not be broken. Drain off liquid. Slip carefully from can into a flat pan. Ten minutes before serving, sprinkle a little salt over and drop on bits of butter. Place pan in hot oven just long enough to heat thoroughly before serving. Serve on toast or on hot platter with butter or any preferred sauce.

ASPARAGUS ON TOAST

Heat contents of one can asparagus. Drain off liquor, or cook fresh asparagus until tender. Have ready slices of golden toast, moisten with a little hot liquor in which asparagus was cooked. Place asparagus in center of toast. Pour hot melted butter, or a spoonful medium cream sauce over. Sprinkle with a little salt and pepper.

ASPARAGUS WITH CHATEAU SAUCE

2 tablespoons butter
2 tablespoons sifted flour
1½ tablespoons lemon juice
1 can asparagus, or 1 lb. fresh asparagus
2 egg yolks
½ cup heavy cream (whipped)
1 cup asparagus liquor
Salt, pepper

Melt butter in saucepan, stir in flour until bubbly, add drained asparagus liquor gradually while stirring, until smooth and thick.

Season with salt and pepper. Add well-beaten egg yolks, stir briskly, then remove at once from fire.

Mix in lemon juice. When cool, add whipped cream.

Serve with heated or cold asparagus.

ASPARAGUS WITH EGGS

1 can asparagus tips
1 tablespoon melted butter
1 tablespoon milk
5 eggs
Salt, pepper

Drain, then place asparagus in a pyrex or other baking dish, season with salt and pepper. Beat eggs just enough to break yolks, add milk, melted butter and salt. Pour over asparagus and bake in hot oven, twelve to fifteen minutes, until eggs are set. Serve at once.

ASPARAGUS AU GRATIN

1 can peeled asparagus, or
1 or 2 bunches fresh asparagus
2 tablespoons melted butter
1¼ cups hot White Sauce
½ cup grated cheese
¼ cup stale bread crumbs
Salt and pepper

Cook asparagus as usual, or use peeled, canned asparagus. When tender, cut in one-inch pieces. Add grated cheese to white sauce just before removing from fire, stir just long enough to melt cheese.

Put a layer of asparagus in a buttered baking dish, sprinkle with salt and pepper, spread one-half the sauce over, then make another layer of asparagus and sauce. Sprinkle bread crumbs rolled in butter, on top of dish; bake in moderate oven fifteen to twenty minutes.

ASPARAGUS AU GRATIN IN RING

1 bunch fresh asparagus, or 1 can peeled asparagus
¼ teaspoon salt
⅛ teaspoon paprika
3 eggs
2 tablespoons butter
2 tablespoons flour
1 cup milk
½ cup grated cheese
Dash cayenne

Cook fresh asparagus as usual or use canned peeled asparagus. When tender, cut in one-inch pieces with scissors, and put aside. Melt butter, add flour until bubbly, stir in milk gradually until thickened; season well with salt, paprika and cayenne. Stir in cheese, when melted, stir in well-beaten egg yolks. Remove from fire as soon as blended, add asparagus, let mixture cool, then fold in stiffly-beaten egg whites.

Butter thickly a ring mold, sprinkle bottom with one-quarter cup rolled bread crumbs and one-quarter cup grated cheese.

Turn mixture in mold. Bake in moderate oven twenty-five to thirty minutes. Turn on serving platter. Fill center with creamed sweetbreads or mushrooms.

BROILED MUSHROOMS

Wash and dry large mushrooms carefully, cut off stems. Roll caps in melted butter or olive oil, place in a greased broiler, cap side down during first half of broiling. Broil five to ten minutes under gas flame or over red coal fire. Serve on hot circular pieces of toast, sprinkle with salt and pepper and put a small piece of butter on each cap. Serve as soon as butter is melted.

BAKED MUSHROOMS

Wash, drain and dry one-half pound large, fresh mushrooms carefully. Remove stems and scrape. Place cap side up in a small, shallow pan. Sprinkle lightly with salt and pepper, drop bits of butter over, pour one-half cup cream over whole. Bake twelve to fifteen minutes in hot oven, shaking pan occasionally. Serve on slices of crisp toast, and pour over any cream remaining in pan.

SAUTE MUSHROOMS

½ lb. fresh mushrooms
½ pinch white pepper
4 tablespoons butter
1½ tablespoons lemon juice
½ teaspoon minced parsley
Pinch salt

Select fresh mushrooms, clean and dry well, break in pieces. Melt butter in saucepan, add mushrooms dredged with flour, sprinkle with salt and pepper, cover saucepan and let cook ten minutes, tossing occasionally to keep from burning. Add lemon juice, sprinkle parsley over, cook five to ten minutes longer, add cream, cook two minutes. Place six or seven slices freshly toasted bread circles on a hot dish, arrange mushrooms over toast and serve at once.

MUSHROOMS A LA CORTLAND

1 lb. fresh mushrooms
½ cup sweet cream
4 tablespoons fresh butter
3 tablespoons soup stock
1 tablespoon flour
Salt, pepper

Scrape mushrooms, cut off small piece from end. Melt butter in saucepan, add mushrooms, salt and pepper; cover and cook ten to fifteen minutes, until mushrooms are tender. Add soup stock, then flour rubbed smooth in cream. Cook three minutes longer, until thickened.

Serve on hot toast, or on a hot dish with a border of bread croutons.

STUFFED MUSHROOMS

Select ten large fresh mushrooms and five small ones. Remove stems from large ones and peel caps. Pour boiling water over small mushrooms and stems, drain at once, dry well and chop very fine. Heat two tablespoons butter, add one teaspoon minced onion and chopped mushrooms, cook eight minutes, add one teaspoon minced parsley, one tablespoon flour, and just enough cream to moisten. Season to taste with salt, pepper and a few drops Worcestershire. Cool mixture, then fill caps, rounding nicely on top. Sprinkle with bread crumbs and melted butter. Bake in small shallow pan fifteen minutes in hot oven.

Serve hot around fowl or meat platter.

SAUTE CANNED MUSHROOMS

1 can mushrooms
3 tablespoons butter
¼ cup soup stock
1 teaspoon minced parsley
1 tablespoon flour
½ teaspoon salt
½ teaspoon lemon juice
Dash pepper

Drain mushrooms. Melt butter; when hot, stir in flour until yellow, add mushrooms. Cook slowly five minutes while stirring. Add soup stock and seasoning, cover saucepan, cook slowly fifteen minutes longer.

CANNED MUSHROOMS A LA CREOLE

1 can mushrooms
2 tablespoons butter
1 teaspoon flour
½ teaspoon Worcestershire
1 teaspoon salt
¼ teaspoon white pepper
⅛ teaspoon garlic (chopped very fine).
1 medium size onion
1 medium size green pepper
2 medium size tomatoes (peeled and diced)
½ cup mushroom liquor

Melt butter in saucepan, add onion and green pepper chopped fine, also garlic, let brown lightly, add tomatoes. Cook over slow fire ten minutes, add salt, pepper, Worcestershire and drained mushrooms. Cook ten minutes, add flour dissolved in a little of the mushroom liquor, cook until slightly thickened.

Serve on hot platter with a border of cooked rice, or serve over broiled steak or chicken.

BOILED FIELD PEAS WITH BACON

Wash, let soak one hour if fresh peas are used, or overnight if dried peas are used. Drain. Add a piece of fat bacon, cover with cold water. Add pepper and salt if bacon is not sufficiently salty to

season well. Cook slowly until done, about two and one-half to three hours. Water should be almost absorbed by the time peas are done.

BAKED FIELD PEAS

Prepare same as boiled peas. When three-fourths done, turn into a baking dish, add one tablespoon tomato catsup, a pinch of sugar, one tablespoon syrup and one-half teaspoon dry mustard. Mix well. Cut in pieces the bacon that was boiled with peas, and half bury it in the dish. Cook slowly in oven until thoroughly done and nicely browned, about forty-five minutes.

PUREE OF PEAS

1 qt. dried peas
2 tablespoons melted butter
2 teaspoons brown sugar
½ cup cream or rich milk
Salt, pepper

Dried or fresh peas may be used. If dried peas, soak over night. Drain and add just enough cold water to cover. Cook slowly until thoroughly done, then press through a ricer. Add butter, sugar and cream. Season to taste with salt and pepper. Whip until light, then put in a pyrex or other baking dish, brush top with melted butter. Bake in hot oven about twenty minutes, until brown.

PEAS WITH RICE AND TOMATOES

2 cups cooked peas
1 cup cooked rice
1 cup canned tomatoes
2 teaspoons butter
1 tablespoon tomato catsup
2 tablespoons bread crumbs
1 teaspoon salt
½ teaspoon white pepper

Use fresh or dried field peas. If dried, soak over night in cold water to cover. Drain and cook peas tender in slightly salted water. When done, add rice, tomatoes, catsup, salt and pepper. Stir well together, put in baking dish. Sprinkle bread crumbs and bits of butter on top. Bake in moderate oven, about twenty-five minutes, browning lightly on top.

BOSTON BAKED BEANS

2 cups navy beans
½ cup molasses
1 slice onion
½ teaspoon mustard
½ teaspoon salt
⅓ pound fat salt pork
1 cup hot water
1 tablespoon catsup
Dash pepper

Soak beans twelve hours or over night in cold water, boil until tender. Drain and put in bean-pot or casserole. Mix salt, pepper, molasses and hot water together, pour over beans. Put pork and

onion in bottom of pot. Cover and cook in slow oven about six hours; watch pot occasionally, if too dry, add a little more water. When thoroughly tender, remove cover, take pork from bottom, cut in slices and put on top to brown.

More tomato catsup may be added if desired.

Field peas may be prepared same way.

PORKLESS BAKED BEANS

When boiling beans, add one cup raw peanuts. The oil in peanuts takes the place of fat pork.

After boiling, prepare same as baked beans.

If one objects to peanuts remaining in the beans, they may be tied in a cheesecloth bag while boiling and removed when beans are done.

BEAN AND CHEESE ROAST

1½ cups dried lima beans
1 package cream cheese
1 tablespoon bread crumbs
2 tablespoons finely-chopped pimentos
1½ teaspoons salt

Wash lima beans, cover with cold water, soak four hours, unless very dry, then it will be necessary to soak over night. Drain, cover with fresh cold water, cook slowly until done, about three hours. Drain and mash through a coarse sieve.

Mash cheese smooth, add to beans. Add pimentos and salt, cream mixture well. A few drops onion juice may be added if desired. Add bread crumbs.

Turn in baking dish, sprinkle buttered bread crumbs on top, bake in moderate oven about thirty minutes, browning top nicely. Serve hot as meat substitute.

KIDNEY BEANS WITH PRUNES AND RAISINS

1½ cups canned kidney beans
½ lb. prunes
1 cup seedless raisins
1 tablespoon wine or vinegar
1 teaspoon sugar
2 teaspoons butter
1 bay leaf
2 teaspoons flour
1 cup cold water
Small piece stick cinnamon
Salt to taste

Wash prunes thoroughly, cover with cold water, cook until soft but not broken. Wash raisins, add cold water, bay leaf and cinnamon, cook until soft but not mashed. Mix cooked prunes and raisins together, add salt, butter, sugar, wine or vinegar. Add beans. Let cook up once or twice, then thicken slightly with flour mashed smooth with a little cold water. Stir lightly so as not to break ingredients, cook slowly fifteen minutes before serving. More sugar or vinegar may be added to suit individual taste.

CHAPTER XVI

SPAGHETTI, NOODLES AND DUMPLINGS

Spaghetti, noodles and dumplings are extremely starchy foods and should never be served at the same meal with rice; they also take the place of potatoes.

These starchy foods are both satisfying and nourishing, and are excellent to serve on meatless days, especially when combined with cheese, which is a good meat substitute. In cooking either spaghetti, macaroni, noodles or dumplings, care must be taken to drop them into liquid that is really *boiling*, and to serve them as soon as cooked and are light and fluffy, otherwise they become tough and unpalatable from standing. Plain left-over spaghetti or macaroni may be reheated with a little milk and butter and served again, or may be made into balls and fried. Left-over noodles may be made into a charlotte.

PLAIN BOILED SPAGHETTI OR MACARONI

Cook the spaghetti or macaroni as it is purchased, or broken in pieces, in boiling salted water twenty minutes, allowing two quarts water for each pound. Drain in colander, let cold water from faucet run through to blanch, then drain again. Serve hot with browned butter, or heat with milk and butter. Grated cheese may be served with dish if desired.

SPAGHETTI AND CHEESE

½ lb. spaghetti
1 cup strained canned tomatoes
¼ cup rolled bread crumbs
1 tablespoon butter
1 tablespoon chopped onion
4 tablespoons grated cheese
Salt and pepper

Cook spaghetti in boiling salted water twenty minutes, drain and keep hot. Add butter, onion, salt and pepper to tomatoes, cook slowly fifteen minutes, add half the cheese and cook five minutes longer, stirring constantly, add bread crumbs, stirring just long enough to thicken the tomatoes. Turn hot spaghetti on a flat platter, pour tomato mixture over, sprinkle balance of cheese over top. Serve at once surrounded by meat balls.

CREAMED SPAGHETTI

2 cups broken spaghetti
1½ cups milk
1½ qts. boiling water
2 tablespoons butter
½ teaspoon salt
Pepper

Cook spaghetti in boiling salted water twenty minutes, drain, blanch under cold water, drain again.

Cook slowly fifteen minutes with milk, butter, salt and pepper to season. Milk should be almost absorbed when done. Serve very hot.

BAY SHORE SPAGHETTI

½ lb. spaghetti
2 lb. can tomatoes
1 can mushrooms
½ lb. raw ham
1 tablespoon chopped green pepper
3 tablespoons butter
¼ teaspoon paprika
Dash pepper
Salt to season

Cook spaghetti twenty minutes in boiling salted water, drain. Cut ham in small dice pieces, broil in a hot skillet, not too brown. Remove ham, put butter in hot skillet; when melted, add strained tomatoes, bay leaf, paprika and green pepper; let mixture come to good boil, then add ham and drained spaghetti; season with salt and pepper if necessary. Add mushrooms, let simmer over very slow fire one hour before serving.

NEAPOLITAN SPAGHETTI

1 lb. round steak
½ lb. Italian spaghetti
1 wineglass claret wine
1 teaspoon sugar
4 tablespoons grated Parmesan cheese
2 lb. can tomatoes
1 small onion, in round slices
1 small clove garlic
Salt and pepper

Stick garlic in center of meat, then lay meat in a hot iron skillet. Add sugar to wine, pour at once over meat in skillet, brown meat quickly on one side then on other. Add onion slices, salt and pepper to season. Mash tomatoes through a fine sieve to remove seeds, add to meat. Cover skillet with a tight-fitting top, simmer slowly about three hours until meat is tender.

Cook spaghetti twenty minutes in boiling salted water, drain. Turn on platter, sprinkle cheese over. Strain sauce from meat, pour over cheese.

Serve steak with the spaghetti, or the cooked steak may be cut in squares, covered with chopped raisins and Parmesan cheese, rolled and pinned together with toothpicks or tied with thread, then simmer thirty minutes longer in tomato sauce before serving with spaghetti.

ITALIAN SPAGHETTI

1 pkg. spaghetti
½ cup soup stock or water
2 tablespoons Parmesan cheese
2 tablespoons olive oil
1 small clove of garlic (minced)
1 can tomato paste
Salt and pepper

Cook spaghetti, without breaking, twenty minutes in boiling water. While spaghetti is cooking, heat olive oil in saucepan, add minced garlic and mash with a spoon until brown; stir in tomato paste, then soup stock or water gradually until smooth. Add cheese, mix well, season with salt and pepper. Drain spaghetti from water, pour sauce over, serve at once.

CREOLE SPAGHETTI

2 cups boiled spaghetti
1½ cups canned tomatoes
6 chicken livers (chopped fine)
1½ tablespoons butter
1 teaspoon chopped onion
2 teaspoons catsup
Grated Parmesan cheese
Tiniest piece garlic
Salt and pepper

Melt butter in saucepan, add onion and garlic, let brown. Add tomatoes, catsup and seasonings, cook fifteen minutes. Stir in livers, then spaghetti; cook eight minutes, stirring lightly so as not to break spaghetti. Serve on hot platter with Parmesan cheese sprinkled over.

SPANISH SPAGHETTI

2 cups broken spaghetti
¾ cup canned tomatoes (strained)
¾ cup grated yellow cheese
1 tablespoon chopped celery
1 tablespoon chopped green pepper
1 teaspoon salt
2 slices bacon
½ cup cold water
1 tablespoon flour
¼ teaspoon Worcestershire
1 teaspoon minced onion

Cook spaghetti as usual in boiling salted water. While spaghetti is cooking, fry bacon crisp, remove from skillet and put aside. Brown onion and flour in the hot bacon grease, add tomatoes and water. Let come to boil, add balance of ingredients. Break bacon in small pieces, add to sauce, cook ten minutes. Drain spaghetti. Put alternate layers of spaghetti and sauce in a buttered baking dish, sprinkle top with bread crumbs and bits of butter. Bake in moderate oven twenty-five to thirty minutes.

SWISS SPAGHETTI

4 thick slices sandwich bread
¾ lb. yellow cheese (sliced thin)
2 tablespoons butter
1 cup milk
1 egg
Salt and pepper

Put two alternate layers each of bread cubes and sliced cheese in a buttered pudding dish or casserole. Put bits of butter, salt and pepper over each layer. Beat egg light, stir in milk, pour over contents of dish. Bake in fairly hot oven about twenty minutes, browning top and bottom.

SPAGHETTI AND OYSTERS

1½ pints oysters
½ lb. spaghetti
1 cup rich milk
½ cup oyster liquor
2 tablespoons butter
3½ tablespoons flour
1 cup grated yellow cheese
Salt and pepper

Break spaghetti in two-inch pieces, cook in boiling salted water twenty minutes, drain, let cold water run through, drain again. Drain oysters, put them in a hot saucepan just long enough to plump and curl edges, drain and put liquor aside. Melt butter, add flour until blended, add milk and oyster liquor gradually, stirring until smooth and thick. Season highly with salt and pepper. Remove from fire, add oysters. Make two alternate layers of spaghetti, oyster mixture and cheese in a buttered baking dish. Bake in a moderate oven twenty to twenty-five minutes.

Use half quantity of ingredients for small family. Cheese may be omitted if desired, then sprinkle bread crumbs on top layer instead of cheese.

MACARONI CUSTARD

2 cups cooked macaroni
1½ cups milk
½ cup grated cheese
2 eggs
2 tablespoons melted butter
Salt and pepper

Cook macaroni twenty minutes in boiling salted water, drain, let cold water run through to blanch, drain again. Beat eggs light, add milk and butter. Add macaroni, salt and pepper to season. Stir in cheese. Bake in a buttered baking dish about twenty minutes in a hot oven.

EMERGENCY MACARONI

1½ cups broken macaroni
½ cup canned tomato soup
2 tablespoons melted butter

Cook macaroni as usual, drain. Turn in a buttered baking dish, put bits of butter over, pour soup over all. Bake in a moderate oven twenty-five minutes.

MACARONI WITH TOMATOES

½ lb. macaroni
1 pint canned tomatoes
½ cup sweet cream
2 tablespoons butter
Salt and pepper

Season tomatoes well with salt and pepper, cook twenty minutes, then mash through fine sieve to remove seeds. Break macaroni in three-inch pieces, cook as usual in boiling salted water, drain, add cream and butter, cook slowly ten minutes, add strained tomatoes; if necessary, add more seasoning. Cook eight minutes before serving.

MACARONI A LA MILANESE

½ lb. macaroni
1 teaspoon chopped onion
1 tablespoon diced carrot
2 teaspoons salt
⅛ teaspoon pepper
1 cup soup stock
1 cup sweet cream
½ cup canned mushrooms (cut in quarters)
2 tablespoons flour
3 tablespoons butter

Break macaroni in three-inch pieces, cook as usual, drain, keep hot over hot water.

Heat butter in saucepan; when soft, not melted, stir in flour until blended. Add soup stock gradually, stirring until smooth and slightly thickened, add carrot, onion and seasoning, cook slowly twenty minutes, add mushrooms and liquor, cook fifteen minutes longer. Add cream, let come to good boil. Turn hot spaghetti in platter, pour sauce over. Serve at once.

MACARONI AND MEAT

1 lb. macaroni
1 lb. top round steak
2 tablespoons butter
½ teaspoon pepper
1 tablespoon minced onion
1 can tomato soup
1½ teaspoons salt

Break macaroni in two-inch pieces, cook as usual in boiling salted water, drain. Trim steak, run through meat grinder. Melt butter in hot skillet, add onion, stirring until yellow. Add meat, stir only until it loses its raw color. Stir in soup stock, then macaroni and seasoning. Let cook three minutes. Turn in a buttered pyrex or earthen baking dish, sprinkle top with bread crumbs and brush with melted butter. Bake twenty minutes in moderate oven.

This dish may be prepared in the morning and put aside until ready to cook the meal.

BROAD BOILED NOODLES

3 eggs
¼ teaspoon salt
2⅓ cups flour (about)

Break eggs in a bowl, stir to break, add salt. Mix in sufficient flour to make a stiff dough. Knead well, let stand a few moments on floured biscuit board. Roll out in two sheets just as thin as possible, lay on board or towels to dry, but not dry enough to be brittle. Fold into tight rolls, then cut crosswise in strips one-third to one-half inch wide with a very sharp knife. Leave ends of rolls and cut into very fine noodles as for soup. Toss the noodles lightly between the fingers to separate. When ready to cook, drop broad noodles in boiling salted water twenty minutes. Drain in colander.

Fry fine noodles crisp in a small amount of fat in a frying pan. Serve broad noodles on a hot flat platter, with fried noodle spread over top. Serve with cooked prunes or berries.

BAKED NOODLES

Make broad noodle with three eggs. Cook in boiling salted water twenty minutes. Drain in colander. Put three layers of noodles in a pudding pan or baking dish, adding a little salt and dropping liberal bits of butter over each layer. Beat one egg light, add one cup milk, mix well and pour over noodles in baking dish. Bake in a hot oven about thirty minutes, browning top nicely. Grated cheese may be sprinkled on top of each layer if desired.

NOODLE RING No. 1

½ lb. pkg. fine noodles
2 tablespoons melted butter
¾ cup thin cream
3 eggs
¼ teaspoon Worcestershire
Salt and pepper

Cook noodles in boiling salted water fifteen minutes, drain in colander, let cold water run through, drain again.

Beat eggs slightly, add salt and pepper, stir in butter, then cream, and lastly Worcestershire. Add drained noodles. Bake in a well-greased ring mold set in a pan of hot water, in a moderate oven, about thirty-five minutes.

Turn on hot platter, fill center with creamed oysters, chicken, mushrooms, or creamed vegetables.

NOODLE RING No. 2

3 cups noodles (cut ½ inch wide)
4 eggs
2 tablespoons melted butter
Salt and pepper

Cook noodles in boiling water twenty minutes, drain, let water run through, drain again. Beat egg yolks very light, add butter and seasoning. Stir in noodles lightly with a fork, then fold in stiffly-

beaten egg whites. Bake in a well-greased ring mold set in a pan of hot water, in a moderate oven, about thirty minutes. Test ring with a knife; if it comes out clean, ring is set. Turn on hot flat platter. Fill center with following

1 pint cooked shrimp
4 hard-boiled eggs
1 cup hot cream sauce
Salt and pepper

Cut shrimp in pieces. Cut eggs in dice. Add to hot cream sauce, add more seasoning if necessary. Cook four minutes. One-half cup mushrooms may be added if desired while cream sauce is cooking. Serve in center of ring. If preferred, ring may be filled with creamed chicken, fish or vegetables.

SMALL EGG DUMPLINGS—SPATZEL

2 eggs
¼ cup cold milk (about)
1¼ cups flour (about)
1 teaspoon salt
2½ cups boiling milk

Beat eggs light, add salt and cold milk. Stir in flour to make a smooth batter that will drop easily from spoon. Drop by teaspoonfuls in the boiling milk, cook fifteen minutes, not too fast. Shake saucepan occasionally to prevent dumpling from sticking together; they should come to the top and be light. Most of the milk will be absorbed when dumplings are done; pour what is left over them when serving. These dumplings are usually enjoyed by old people, and are nourishing when cooked right.

DROP DUMPLINGS FOR STEWS

1 cup flour
2 teaspoons baking powder
1 tablespoon milk (about)
2 eggs
½ teaspoon salt
Dash nutmeg

Sift flour before measuring. Add salt and baking powder, sift again. Beat eggs light, add to flour mixture while stirring. Stir in milk gradually. Batter should be stiff enough to drop easily from spoon; if necessary, add a little more flour. Add nutmeg if desired. Drop by tablespoonfuls in boiling stew. Cook closely covered fifteen minutes. Serve at once or dumpling will become soggy.

LIGHT DUMPLINGS FOR CHICKEN OR GOOSE STEW

1 cup flour
1 egg
¼ cup milk (about)
1 teaspoon melted butter
2 teaspoons baking powder
½ teaspoon salt

Break eggs in flat platter, beat with a fork until yolks and whites are thoroughly mixed. Mix flour, salt and baking powder together,

sift gradually into eggs while stirring with a fork. Add just sufficient flour to make batter of right consistency to drop easily from spoon, not too soft. Drop in boiling stew by tablespoonfuls after removing meat. Cook tightly covered fifteen minutes. Serve as border around meat.

BAKING POWDER DUMPLINGS

2 cups flour
1 cup milk
4 teaspoons baking powder
2 teaspoons butter
½ teaspoon salt

Sift flour, baking powder and salt together, work in butter with tips of fingers. Add milk gradually, mixing in with a fork. Batter should be just soft enough to drop from spoon.

Drop by tablespoonfuls in boiling chicken or meat stew. Cook fifteen minutes without removing top. Serve at once with stew.

PASTRY DUMPLINGS FOR CHICKEN STEW
(Southern Style)

1½ cups flour
¾ cup milk (about)
2 tablespoons shortening
2 teaspoons baking powder
½ teaspoon salt

Sift flour, salt and baking powder together, work in shortening with tips of fingers; add milk gradually, mixing in sufficient to make dough just soft enough to handle easily, about consistency of biscuit dough. Roll out very thin on a floured biscuit board. Cut in two-inch squares. Drop in boiling stew fifteen minutes, cooking steadily without removing cover of pot. The squares should be laid around meat in pot so that the steam will cook them thoroughly. Serve at once with stew.

FRIED PASTRY DUMPLINGS FOR STEWS

Make same as above pastry dumplings, roll out one-eighth inch thick on floured board. Cut in two-inch squares. Fry in deep hot fat, basting with a spoon while browning quickly all over. Dumplings should puff up and be hollow inside when properly cooked. Serve as border around stew.

POTATO DUMPLINGS

1 cup grated raw potato
2 teaspoons baking powder
1 teaspoon melted butter
1 egg
1 cup flour
1 teaspoon salt
Dash nutmeg

Scrub, peel and grate potatoes, measure required quantity. Drain thoroughly in a fine sieve. Sift flour, salt and baking powder together, mix with potato. Add well-beaten egg and butter. Drop from tip of tablespoon in boiling stew. Cook covered, twenty-five minutes before serving.

MATZOS BALLS, BOILED

6 matzos
½ cup matzos meal
4 eggs
⅛ teaspoon pepper
½ cup goose fat or other fat
1 tablespoon chopped onion
1 tablespoon chopped parsley
2 teaspoons salt
Ginger, if desired.

Break matzos (unleavened bread), soak in cold water thirty minutes, squeeze dry. Heat fat in skillet, add onion to fry yellow, add soaked matzos, stirring occasionally until it leaves skillet clean. Turn in a bowl to cool. Beat eggs light, add to matzos, add balance of ingredients, mix well. Let stand thirty minutes, then shape into balls by rolling in the palm of the hand. If a little grease is put in the palm, balls will not stick. Cook in boiling salted water, uncovered, twenty minutes. Serve with finely-cut onion fried crisp in fresh butter poured over. Use half recipe for small family.

MATZOS BALLS, FRIED

Make same as Matzos Balls, Boiled. When ready to cook, heat one-half cup fat in a hot skillet, put in balls carefully. Let brown on one side, turn on other side. Add one-third cup hot water; cover frying pan, let water cook out slowly while balls are browning on other side. Serve with cooked prunes or berries. For small family use half recipe.

YORKSHIRE PUDDING (WITH ROAST BEEF)

1½ cups flour
1½ cups milk
⅓ cup drippings from roast
2 eggs
¼ teaspoon baking powder
½ teaspoon salt

Sift flour, baking powder and salt together. Beat eggs *very* light, add milk gradually while stirring. Sift in flour mixture, beating vigorously until smooth and bubbly.

Drain off required drippings from cooking roast beef, strain into a small square or oblong pan. Let drippings in pan be bubbling hot, pour in batter and bake at once in a good moderate oven fifteen minutes, browning nicely. Cut in squares and serve around roast instead of potatoes. Batter must be baked as soon as made or pudding will be flat. It must be served as soon as baked.

CHAPTER XVII

SALADS

Salads should be served with every dinner; in fact, a salad is almost a necessity for every meal in summer except breakfast. A dainty salad tempts the appetite when one is fatigued from the heat. Most salads are nourishing as well as easily digested and may be made as dainty and as palatable as one wishes.

Fruit and vegetable salads contain the vitamines that are necessary to preserve the health of the individual.

Left-over vegetables may be made into an appetizing salad by combining with an oil or mayonnaise dressing.

The main secret of making a good salad is to have dishes, as well as materials, ice cold when preparing it. A salad that is served wilted looking or carelessly put together, appeals neither to the appetite or taste.

Lettuce should always be washed thoroughly, left in cold or ice water thirty minutes, then drained and kept on ice in a bag or covered vessel until ready to serve.

All vegetables used should be fresh, crisp, well drained and dried.

Salads, unless they are made of potato, fish, or meat, should not be combined until just before serving time, as they become watery and wilted if left standing.

No matter what your salad is made of, always prepare it daintily. Garnish with slices of hard-boiled or riced egg, olives sliced or whole, slices of pickle, cooked beets, sliced ripe tomatoes, strips of pimento, or cheese balls rolled in paprika or fine nuts. This adds to the attractiveness as well as toothsomeness of the dish.

Whenever practicable, use lemon juice instead of vinegar in your salad dressings, as lemon juice contains invaluable salts and acids and is rich in vitamines.

Individual salads may be served in baskets made of pineapple, cucumbers, tomatoes, green peppers, or apples.

Salads may be served as an appetizer, a separate course, or as a side dish at dinner or luncheon. They may be simple or elaborate as taste or the occasion demands. An elaborate or rich salad should never be served with heavy meat.

Almost any fruit or vegetable salad may be served as an appetizer before a meal, while a fish or meat salad would be out of place.

Fruit salads, when served with cream or sweet dressings, are appropriate to serve as dessert or as a special course at afternoon luncheons.

Innumerable and tasty salads may be made from left-over meat, fowl or fish, when mixed with good salad dressings. Care should be taken to remove all bone, gristle or skin from the fish, fowl, or meat, and to make the salad look dainty as well as appetizing.

PLAIN LETTUCE SALAD

Secure fresh, crisp lettuce; remove wilted or damaged leaves; cut in quarters or separate leaves. Let stand in cold water thirty minutes. Drain, put in a clean cloth bag, place on ice until ready to serve.

Serve with French dressing or Thousand Island dressing. Tiny cream cheese balls may accompany the salad.

If lettuce must be prepared hastily, it may be washed and drained in a colander or put in a wire frying basket, and swung around briskly to dry it.

WATERCRESS SALAD

Secure fresh, crisp watercress; pick over carefully and remove roots. Wash carefully, cover with cold water thirty minutes. Drain and chill.

Serve with French dressing.

ENDIVE SALAD

Wash and remove outer and wilted leaves. Cut in four or five strips lengthwise. Soak in ice water thirty minutes, shake to make fluffy. Serve on salad dish or individual plates with hard-boiled eggs cut in quarters. Dress with French dressing.

CUCUMBER SALAD No. 1

Soak cucumbers in cold water one hour, pare and slice thinly. Place in refrigerator one hour before serving. When ready to serve, drain and dress with plain French dressing.

Sliced onion may be added if desired.

CUCUMBER SALAD No. 2

Chill a large cucumber in refrigerator. Just before serving, remove thick slices from both ends. Pare thickly. With a sharp, pointed knife make five or six lengthwise cuts all the way down cu-

cumber, then cut in very thin parallel slices, keeping the cucumber in its original shape. Arrange on a bed of lettuce leaves and pour French dressing over.

CUCUMBER AND LETTUCE SALAD

1 small hard head lettuce
1 medium size onion
2 medium size cucumbers
Mayonnaise

Peel cucumbers with silver knife, cut in small dice pieces. Cut onion in small pieces. Chop lettuce.

Mix together with mayonnaise or French dressing. Season well. Serve on crisp lettuce leaves.

POND LILY SALAD

Secure half as many large, sound cucumbers as individuals to be served. Wash and dry thoroughly. Cut each one in half, crosswise. With a sharp knife, scrape out inside or seed part, being careful to leave a thick inner lining or cup. With a sharp knife cut the green rind very thinly, lengthwise, in five or six straight lines or petals, being careful not to cut to the bottom. Loosen petals from the white cup until within an inch of the bottom; curl the green leaves back to look like a pond lily. Set cups in ice water until ready to serve.

Fill cups with cucumber, chicken, or any other preferred salad, or with tomato aspic. Put a bit of whipped cream or mayonnaise on top of each cup.

Serve on salad plates, garnish with lettuce.

If the shell will not stand steady, cut off a tiny piece from bottom.

CABBAGE SALAD

3 cups chopped cabbage
1 cup finely-cut celery
1 tablespoon minced onion
1 teaspoon minced green pepper
1 tablespoon sugar
Mayonnaise or boiled salad dressing
Salt and pepper

Use hard white cabbage, clean, shred or cut with slaw cutter. Soak in salted ice water thirty minutes with celery. Drain and dry. Add onion, green pepper and sugar. Add sufficient mayonnaise or boiled salad dressing to moisten well. Add more seasoning if necessary.

CABBAGE SALAD No. 2

Clean and cut cabbage, mix with Hot Dressing for Cabbage Slaw (page 276). Chill before serving.

CABBAGE SALAD No. 3

Celery cabbage (Chinese) may be prepared same as plain cabbage salad.

CABBAGE AND CELERY SALAD

1 small white cabbage
1½ cups finely-cut celery
Mayonnaise or cooked salad dressing

Secure small hard white cabbage, remove all wilted or damaged outside leaves. Cut off root end as close as possible, then cut out entire center, leaving a thick shell; cover with salted cold water. Shred removed cabbage very fine, add celery, cover with salted ice water, let stand one hour, drain and dry thoroughly.

Mix with sufficient mayonnaise or cooked salad dressing to moisten.

Refill cabbage. Place on salad dish, garnish with tiny celery tips, lettuce and quarters of hard-boiled eggs.

CARROT CABBAGE SALAD

1 cup grated raw carrots
2 cups finely-chopped raw cabbage
1 cup finely-cut crisp celery
Mayonnaise

Cover vegetables with fresh water to crisp, then prepare and mix together with mayonnaise or cooked salad dressing.

CARROT AND CELERY SALAD

2 cups raw grated carrots
1 cup finely-cut crisp celery
¼ cup broken pecan meats
Mayonnaise
Crisp lettuce

Scrub carrots, scrape and run through a coarse meat grinder, or grate on coarse grater.

Clean celery well, crisp in cold water, drain and cut in very small pieces. Mix with carrot.

Add sufficient mayonnaise to moisten, not wet. Garnish dish with crisp lettuce leaves.

Drop bits of mayonnaise on top of salad, then sprinkle nuts over all. Serve very cold.

This salad is very nutritious. Many people who do not care for cooked carrots will enjoy this salad.

CELERY ROOT SALAD

Select firm, fresh celery root. Scrub clean with vegetable brush, cut off small roots. Cover with cold salted water. Cook tender

but not soft, three-quarters to one hour. Drain and cool. (Water that root was cooked in may be used in soup stock.)

When cold, pare and cut in cubes or round slices. Mix with French dressing or Surprise dressing. Serve chilled.

STRING BEAN SALAD

2 cups cold cooked string beans
1 cup cold cooked beets
1 medium size onion

Cut beans and beets in small pieces. Chop onion fine. Mix together with French dressing or mayonnaise. Serve chilled on crisp lettuce.

Beets may be omitted if preferred and more beans added to onion.

BRUSSELS SPROUTS SALAD

Boil sprouts tender. Drain and put aside to chill. Sprinkle lightly with salt and lemon juice half hour before serving. Serve in salad bowl, garnish with crisp lettuce leaves. Cover with mayonnaise dressing.

ASPARAGUS SALAD

Chill, then drain large asparagus or tips from can. Cut rings of bright red pepper, green pepper or lemon, one-third inch wide. Place four stalks asparagus through each ring. Arrange on lettuce leaves. Cover tips of asparagus with French dressing, mayonnaise or Thousand Island dressing.

CAULIFLOWER SALAD

Clean and trim fresh cauliflower, soak in cold water one hour. Tie in clean white bag or napkin, boil until tender, thirty-five to sixty minutes, dependent on size of cauliflower. Drain. Place in refrigerator to chill. Arrange on bed of crisp lettuce, cover with mayonnaise dressing.

ARTICHOKE SALAD

Use fresh "Ground" (Jerusalem) artichokes. Scrub well, scrape with a sharp knife. Barely cover with cold water, add one tablespoon vinegar and one teaspoon salt. Boil uncovered until artichokes are tender but not soft.

Drain, put aside to chill, then slice or cut in cubes. Mix with Surprise dressing at least one hour before serving.

SUMMER VEGETABLE SALAD

1 can tiny peas
½ lb. young carrots
1 large or 2 medium size dill pickles
1 stalk celery (tender part)
Mayonnaise
Paprika
Salt and pepper

Scrape and cook carrots in slightly salted water until tender; drain, chill, cut in small dice.

Cook peas ten minutes, drain, chill.

Clean and soak celery in cold water thirty minutes. Drain, cut in small pieces, chill.

Cut pickle in small pieces.

Mix lightly together when cold. Add just sufficient mayonnaise to moisten well. Add more seasoning if necessary.

Serve ice cold with hearts of lettuce or on crisp lettuce leaves.

SUMMER VEGETABLE SALAD No. 2

Combine chopped white cabbage, celery, onion, and diced cucumbers with French dressing or mayonnaise.

SUMMER VEGETABLE SALAD No. 3

Combine diced cucumber, celery, green pepper and onion with French dressing or mayonnaise.

ROSE VEGETABLE SALAD

1 lb. very small string beans
1 can tiny peas
1 bunch beets
½ bunch fresh carrots
1 hard head fresh green cabbage

Clean cabbage, remove damaged leaves, cut out hard center carefully, leaving a large center cavity to hold vegetables. Bend back outer row of leaves like petals, soak in cold water two hours, drain and chill until ready for use.

Cook beans, carrots and beets separately in slightly salted water until tender. Cut beets in dice and carrots in strips. Drain peas. If beans are large, they may be cut in half. Chill vegetables separately. Marinate in French dressing or mix with mayonnaise.

When ready to serve, place vegetables in cabbage, using personal taste in the arrangement of colors. Serve on silver or flat platter, garnish platter with lettuce leaves and ripe olives.

PEA SALAD

1 can tiny green peas
1 cup mayonnaise
½ cup whipped cream

Drain peas from liquid. Mix mayonnaise and whipped cream together, add to peas. Season well. Serve on bed of lettuce leaves, or in the center of a white cabbage shell same as cabbage and celery salad.

COMBINATION VEGETABLE SALAD

2 medium size cucumbers
2 medium size green peppers
1 stalk crisp celery
4 sound, ripe tomatoes
1 medium white onion

Soak vegetables in cold water one hour to crisp. Peel tomatoes, onion and cucumbers. Remove seeds and pith from peppers, clean and cut leaves from celery. Cut all vegetables in small pieces, mix well with French dressing or mayonnaise. Serve ice cold on crisp lettuce.

STUFFED BEET SALAD

Secure medium size or large dark red beets. Cut off stems (not too close). Scrub, cover with cold water, boil until tender, not broken, about two and one-half to three and one-half hours. When done, plunge in cold water and rub skins off.

With a small vegetable cutter or spoon, scoop out centers, leaving thick shell or cup. Marinate cups in French dressing until ready for use.

Cut centers that were removed from beets in small dice pieces, add an equal quantity finely cut celery, mix with sufficient mayonnaise or French dressing to moisten well.

Drain cups, fill with mixture. Serve ice cold on crisp lettuce leaves with a bit of mayonnaise dressing on top.

BEET CUPS WITH CHEESE

Boil tender medium size fresh beets. Remove skins, chill, then scoop out part of centers, leaving a round cavity.

Make a filling of cream cheese, mash fine, add a few finely-chopped olives. Combine with just sufficient mayonnaise to moisten.

Season with salt, pepper and paprika. Fill beets with mixture. Place on shredded lettuce, surround with a circle of beet balls and cheese balls, half of the cheese balls having been rolled in nuts and the other half in finely-minced parsley. Top beet cups with a spoonful mayonnaise.

TRICOLOR SALAD

4 large beets
6 eggs
French dressing
Lettuce

Boil beets tender, rub off skin. When cold, cut in dice pieces. Boil eggs hard. When cold, grate or run through ricer.

Make a bed of crisp lettuce. Arrange beets on lettuce, sprinkle egg over beets. Serve ice cold with French dressing poured over.

RUSSIAN PEPPER SALAD

Cut six fresh green peppers in long thin strips, soak in cold salted water one hour, drain well. Mix with Spanish salad dressing.

Serve ice cold on crisp lettuce leaves.

GREEN PEPPER AND CELERY SALAD

Use sweet green peppers. Soak in cold salted water one hour. Cut in half, remove seeds and pith, chop fine. Chop fine an equal quantity clean, crisp celery. Mix with pepper. Moisten with mayonnaise. Serve ice cold on crisp lettuce leaves.

PEPPERS WITH CABBAGE SLAW

Secure large sweet green peppers. Cut off tops, remove seeds and pith carefully so as not to break shells. Soak in cold water (salted) one hour. Drain shells, fill with cabbage slaw. Garnish tops with a bit of red pimento or sprig of parsley.

PEPPER RING SALAD

4 large, firm, sweet green peppers, or 8 pimento cups
4 large olives
2 cream cheese
2 cold hard-boiled eggs
¼ cup pecan meats
¼ cup mayonnaise (about), or cooked salad dressing
Paprika

Cut a slice from top of peppers, scoop out seeds and fiber, soak in cold water one hour and dry. Pack lightly with following cheese mixture. Put in refrigerator four to five hours or over night to chill. When serving, slice crosswise. Serve two or three slices on crisp lettuce or watercress with a garnishing of mayonnaise.

Cheese Mixture

Run eggs, nuts and olives through meat grinder, add to cheese which has previously been mashed smooth. Add mayonnaise or salad dressing to make a thick smooth paste. Season with paprika and a little salt if necessary.

BOSS SALAD

2 cream cheese
¼ cup mayonnaise, or ¼ cup boiled salad dressing
1 tablespoon whipped cream
5 large, round tomatoes
Salt, paprika

Chill tomatoes, cut in slices, not thin. Place three or four slices on individual salad plates. Sprinkle with salt and paprika. Squeeze cheese through ricer over tomatoes.

Mix mayonnaise with whipped cream. Serve spoonful over each portion.

EDGEMONT SALAD

1 head crisp lettuce
3 large ripe tomatoes
2 large cream cheese
¼ cup chopped olives
French dressing
Salt and pepper

Scald tomatoes, remove skins, place on ice to chill. When ready to serve, cut each tomato in half crosswise. Cut cheese in round slices, about one-half inch thick with a very small biscuit cutter.

Make a nest of lettuce on individual salad plates, place half a tomato in each nest, then a piece of cheese on top of tomato. Sprinkle olives over and pour dressing over all.

TOMATO AND COTTAGE CHEESE SALAD

6 perfect large size tomatoes
1 tablespoon minced green pepper
2 cups riced cottage cheese
⅓ cup mayonnaise (about)
¼ cup finely-chopped blanched almonds
Salt and pepper

Scald and peel tomatoes. Chill thoroughly until firm. Cut each tomato crosswise in three thick slices. Drain cheese, mix with green pepper and almonds. Season with salt and pepper, add sufficient mayonnaise to make of consistency to spread, but not soft. Divide cheese mixture in two portions. Cover one-third of tomato slices with one portion, place a second slice of tomato over, cover with cheese mixture, then put on last slice of tomato.

Put filled tomato on lettuce leaves on individual salad plates. Garnish with a spoonful of mayonnaise and a little finely-chopped parsley.

TOMATO SALAD WITH THOUSAND ISLAND DRESSING

Scald and peel tomatoes, chill. When ready to serve, arrange a bed of lettuce leaves on individual salad plates. Cut each tomato in quarter sections with a sharp knife, without separating section at bottom. Cover with Thousand Island dressing.

TOMATOES WITH CAVIAR DRESSING

Prepare tomatoes as above, chill, quarter sections without separating. When ready to serve, cover with chilled Caviar Dressing (page 278).

TOMATO AND SAUERKRAUT SALAD

6 sound ripe tomatoes
2½ cups sauerkraut
4 tablespoons salad oil
2 tablespoons lemon juice
1 tablespoon sugar
⅛ teaspoon salt
¼ teaspoon paprika
Lettuce

Peel tomatoes with a sharp knife or by scalding and slipping off skins. Place on ice to chill; cut off stem end and remove centers. Mix salad oil, lemon juice, sugar, salt and paprika with an egg-beater. Add sauerkraut. Fill tomatoes with mixture. Serve ice cold on lettuce leaves or beds of shredded lettuce.

WASHINGTON SALAD

Select firm, ripe tomatoes; wash, wipe and remove a thin slice from stem end of each. Scoop out pulp, being careful not to break shell.

Sprinkle lightly with salt, place on ice two hours to chill. Chop center pulp, and to each cup add one-quarter cup chopped nuts, three-quarters cup chopped celery and a pinch salt. Mix moist with mayonnaise dressing.

Fill shells with mixture, put a bit of mayonnaise on top of each. Serve in individual plates on crisp lettuce leaves.

WASHINGTON SALAD No. 2

Prepare tomato shells as above, chill, then fill with cooked baby lima beans mixed with diced tomato pulp, moisten with mayonnaise or boiled salad dressing.

WASHINGTON SALAD No. 3

Prepare six tomato shells as above, chill, then fill with one-half cup rolled, parched peanuts mixed with diced tomato pulp and moistened with mayonnaise.

WASHINGTON SALAD No. 4

Prepare eight medium size tomato shells as above; chill, then fill with one cup diced celery, one cup hard apple diced, twelve chopped

English walnuts, mixed together and moistened with mayonnaise or cooked salad dressing.

WASHINGTON SALAD No. 5

Prepare tomato shells as above, chill, then fill with diced tomato centers mixed with an equal quantity chopped cabbage and one-quarter as much chopped green pepper, moistened with mayonnaise.

WASHINGTON SALAD No. 6

Fill tomato shells with diced tomato, cucumber and celery moistened with mayonnaise.

POINSETTIA SALAD

Secure perfect, uniform size, sound, ripe tomatoes; wash and dry thoroughly, chill, then cut just through the skin of each tomato, lengthwise in six or seven petals, cutting almost but not quite to the bottom of stem end. Cut tomatoes in sections same size as petals, being careful not to cut entirely through to bottom.

Place on lettuce hearts or leaves on individual salad plates. Curve or bend the loosened petals back to form a flower.

Mash cream cheese smooth with a bit of cream, add a little paprika. Form cheese into balls, place one ball in center of each tomato. Put a spoonful of mayonnaise or cooked salad dressing on top of cheese, or on side of plate, as preferred. Serve ice cold.

CHRYSANTHEMUM SALAD

Scald, peel and chill six firm, large, ripe tomatoes. Peel and separate sections of grapefruit, allowing four sections to each tomato. Place tomatoes on beds of shredded lettuce in individual salad plates. With a sharp knife, cut each tomato in quarter sections, being careful not to sever at bottom. Place one section of grapefruit between each tomato section. Add whipped cream to boiled salad dressing or mayonnaise, put a spoonful in center of each tomato.

BRIGHTON SALAD

Prepare, chill and cut tomatoes in sections same as for chrysanthemum salad. Mash two packages cream cheese with a little mayonnaise until perfectly smooth, not soft. Season with salt and paprika. Pack cheese firmly in a small square shape, place on ice several hours to harden. Cut cheese in slices, place between tomato sections same

as the grapefruit. Serve on lettuce with mayonnaise and whipped cream over.

ROSE TOMATO SALAD

7 uniform, firm, ripe tomatoes
½ teaspoon Worcestershire
2 pkgs. cream cheese
Salt and pepper
Good dash paprika

Blanch and skin tomatoes as usual. Place on ice until chilled and perfectly firm. Mash cheese smooth and velvety (not soft). In cold weather it may be necessary to add just a bit of milk or cream. Add seasoning. With the sharp point of knife, cut out the little round green stem end of tomatoes, replace with cheese mixture; then take up a bit of cheese mixture on the tip end of a tablespoon and press against the top at stem end. By pulling the spoon off quickly in a downward movement while pressing against tomato, the cheese will form a petal shape. Make four or five petals around tomato, letting ends of petals extend a little higher than tomato, and just touching each other to form a circle.

Make another row of petals underneath the first ones, letting lower petals form between the spaces in upper row, like a rose.

Individual taste must be exercised. Chill when finished. Serve on lettuce beds, with a circle of mayonnaise.

BIRD NEST SALAD

Mix two packages cheese with one-half cup chopped ripe olives, moisten with a little French dressing. Mold in small balls size of bird eggs.

Serve five or six eggs in nests of shredded lettuce moistened with French dressing.

PRUNE AND CHEESE SALAD

1 lb. large prunes
2 small cream cheese
French dressing
Salt and paprika

Wash prunes, cover with cold water, soak over night. Cook prunes in same water in which they were soaked, until tender, not broken. Drain and chill. Make an incision in each prune with a sharp knife, remove pit.

Mash cheese smooth; if necessary, add cream. Season lightly with salt and paprika.

Fill prunes with cheese mixture. Make a nest of crisp lettuce leaves or shredded lettuce on individual salad plates. Place five or six prunes in each nest. Put a little French dressing over each portion. Serve ice cold.

TOMATO WIGGLE SALAD

8 large tomatoes
1 cup canned French peas
½ cup cooked shrimp
Mayonnaise
Celery salt
Paprika

Select firm, ripe tomatoes of uniform size. Scald and remove skins. Place on ice to chill, then scoop out centers, being careful not to break shells.

Mix peas and shrimp together; add celery salt, paprika and sufficient mayonnaise to moisten.

Fill tomato shells with mixture. Put a spoonful mayonnaise on top of each tomato before serving. Serve ice cold on crisp lettuce.

SURPRISE TOMATOES

6 large, ripe tomatoes
1½ cups flaked crab meat
½ cup chopped olives
Mayonnaise dressing
Salt, pepper, paprika

Scald tomatoes, remove skin, place on ice to chill. Scoop out centers, being careful to leave a thick, unbroken shell.

When ready to serve, dice removed tomato pulp, add to crab meat, add olives, seasoning and sufficient mayonnaise to moisten.

Fill shells with mixture, place on nests of lettuce on individual salad plates. Garnish tops with a teaspoon of mayonnaise and a sprig of parsley.

SURPRISE TOMATOES No. 2

Substitute one can tuna fish and one cup diced celery for above combination.

SURPRISE TOMATOES No. 3

Substitute one cup cooked, diced ham for tuna fish.

CELERY AND EGG SALAD

Boil hard four eggs; when cold, cut in small dice. Cut two stalks crisp, white celery in small pieces with sharp scissors.

Mix egg and celery, season with salt and pepper; blend together with mayonnaise mixed with one-half quantity whipped cream.

Serve ice cold, garnished with crisp lettuce.

QUEEN SALAD

6 sound, ripe tomatoes
6 hard-boiled eggs
Butter
Salt and pepper

Cut tomatoes crosswise in half, place in baking dish, sprinkle with salt, pepper and a tiny bit of butter, place in a hot oven fifteen minutes to bake, then place in refrigerator to chill.

Peel and chill eggs, cut crosswise in half.

Lay tomatoes on a flat dish, cut side up. Place half an egg, cut side down, on each tomato. Cover with a ring of mayonnaise. Garnish with lettuce leaves. Serve ice cold.

SALAD A LA DUCHESS

6 eggs
6 large, sound tomatoes
Mayonnaise
Salt, pepper

Poach eggs hard, drain carefully so as not to break them. Chill in refrigerator. (A little vinegar or lemon juice added to water in which eggs are poached will make them firmer.)

Slice tomatoes in thick round slices. Place each egg on a slice of tomato on a flat dish, put balance of sliced tomatoes in a circle around dish. Garnish with lettuce leaves, cover with a circle of mayonnaise. Serve ice cold.

EGG SALAD

8 hard-boiled eggs
½ cup chopped stuffed olives
Crisp lettuce leaves
Easy salad dressing

Cut six eggs lengthwise in quarters or eighths, arrange on lettuce leaves, sprinkle chopped olives over eggs.

Chop whites of other two eggs fine, run yolks through ricer. Sprinkle chopped whites, then riced yolks over olives. Serve on individual salad plates or in salad bowl with Easy Salad Dressing or mayonnaise.

STUFFED EGG SALAD

6 hard-boiled eggs
2 tablespoons salad dressing, or 2 tablespoons mayonnaise
6 olives (chopped)
Salt, pepper

Cut eggs in half lengthwise, carefully. Remove yolks. Mash yolks, add salad dressing or mayonnaise, cream well, season with salt and pepper. Add chopped olives.

Fill each half white with mixture, put two halves together. Place in refrigerator to chill. Serve on crisp lettuce with mayonnaise.

If to be used for picnic, wrap each egg in waxed paper.

MOLDED EGG SALAD WITH CAVIAR

Allow two eggs for each individual. Boil hard. When cold, remove shells and press through ricer. Pack riced egg tightly in well-buttered timbale molds until half filled. Spread with a layer of caviar, then fill cups with balance of egg. Pack down tightly. Place in refrigerator four to five hours. When ready to serve, turn on crisp lettuce leaves; cover lightly with Thousand Island dressing.

Serve as salad or appetizer.

NOVELTY EGG SALAD

8 eggs
2 sticks cinnamon
1 lemon
1 cup blackberry jam
1 cup vinegar
2 cups water
¾ cup sugar

Put all ingredients (except eggs) in a large saucepan. Let boil fifteen minutes, drop eggs in carefully (as for poaching). Let continue boiling three minutes or until firm. Lift eggs to salad dish. Pour sauce over. If sauce is not thick, cook longer.

DAISY SALAD

5 hard-boiled eggs
French dressing
Shredded lettuce
Mayonnaise
Salt, pepper

When cold, remove shells from eggs, cut in half lengthwise. Remove yolks, mash through ricer or fine sieve.

Cut whites in narrow, long strips. Arrange a bed of lettuce on individual plates, place a good round teaspoon of riced yolk in center of lettuce, press down slightly with back of spoon.

Arrange white strips around yellow, letting them radiate from center like petals of a daisy. Sprinkle lettuce lightly with salt and pepper. Serve with mayonnaise or French Dressing.

CANDLE SALAD

4 hard-boiled eggs
3 large, ripe, perfect tomatoes
1 small can caviar, or sardellen butter
¾ cup mayonnaise
Crisp lettuce

Separate yolks and whites of eggs. Chop whites fine. Mash yolks, adding enough mayonnaise to moisten sufficiently to shape. Cut tomatoes in large, round slices about one-eighth inch thick.

Arrange one slice tomato in center of each salad plate. Make a circle of chopped egg whites around edge of tomato, then a circle of caviar or sardellen butter, inside the white circle.

Roll yolks in candle shape with palms of hand, flattening each candle at the bottom so that it will stand in the center of tomato. Put a tiny piece of tomato skin or pimento in the top of the "candle" to represent the "flame." The candles should be about as long as little finger.

Garnish each plate with lettuce and mayonnaise.

This quantity will serve six portions.

PIN WHEEL SALAD

In the center of individual plates, put a slice of canned pineapple. Put six whole sections of peeled grapefruit on top of pineapple, having them come to a point in center.

Place slices of avocado (alligator) pear around pineapple, coming out from it like spokes from a wheel.

Place a cheese ball rolled in paprika, in center of the slice of pineapple for the hub.

Serve with Thousand Island Dressing and cheese rings.

Serve as salad or appetizer.

BUTTERFLY SALAD

Medium size canned pineapple slices
Chopped red, green and white crystallized fruit
Tiny strips pimento
Small or medium size asparagus tips
Paprika
Mayonnaise
Whipped cream

Arrange beds of lettuce on individual plates. Cut each pineapple slice exactly in half crosswise, and arrange two halves on lettuce beds, letting rounded edges face each other to simulate wings of butterfly. Heap three or four asparagus tips between wings to form body, dust with paprika. Sprinkle wings with chopped fruit.

Arrange three or four thin strips of pimento across wings from body, and two strips extending out from head for "feelers." Garnish with a circle of mayonnaise to which a little whipped cream was added.

PLAIN POTATO SALAD

5 large potatoes
3 onion slices
2 raw eggs
½ cup vinegar
¼ cup hot water
2 hard-boiled eggs
2 tablespoons chopped celery
4 tablespoons melted butter
2 teaspoons mustard seed
2 teaspoons celery seed

Boil potatoes in jackets, drain, peel and cut in cubes or thin slices. Season with salt and pepper. Add onion, celery, and chopped hard-boiled eggs, celery and mustard seed.

Beat raw egg light, stir in melted butter gradually, add vinegar, pour dressing over potatoes, shake gently so as not to mash. Add hot water. If not sufficiently seasoned, add salt and pepper to taste.

PLAIN POTATO SALAD No. 2

Cook and prepare potatoes as above, add seasonings and hard-boiled eggs. Mix with mayonnaise dressing.

COMBINATION POTATO SALAD

1½ cups cooked diced potatoes
1½ cups diced crisp apples
1½ cups diced crisp celery
Mayonnaise

Boil white potatoes in jackets, chill, then peel and cut in dice or small blocks. Cut celery in dice, soak in cold water one hour to crisp. Drain.

Peel hard apples, cut in dice when ready to make salad so they will not turn dark.

Mix potato, apple, and celery together, add sufficient mayonnaise to moisten thoroughly. Mix with a fork so as not to break pieces. Season well with salt and pepper.

Set aside to ripen several hours before serving. Garnish with lettuce leaves.

HOLLAND SALAD

5 medium size potatoes
1 large, ripe, sound tomato
½ tablespoon finely-chopped onion
½ teaspoon salt
½ cup diced celery
¼ cup diced sweet pickle
Mayonnaise

Scrub potatoes, peel and cut in dice (not too small). Barely cover with hot water, add salt. Cook until done but not soft enough to break. Drain thoroughly. Add onion while hot. Chill. Add pickle, celery, and tomato which has been peeled and cut in small pieces. Add sufficient mayonnaise to moisten thoroughly. Season well. Mix with a fork so as not to break ingredients.

Set aside for several hours to "ripen." Garnish with lettuce leaves.

SUMMER FRUIT SALAD

Cut in pieces any fresh fruit that will combine nicely, grapefruit, peaches, pineapples, grapes, bananas, and oranges.

Any or all these fruits may be combined. Add crisp diced celery and maraschino cherries.

Serve ice cold on crisp lettuce leaves with fresh Fruit Salad Dressing.

TEA SALAD

1 lb. malaga grapes
¼ lb. fresh, soft marshmallows
2 tablespoons pineapple juice
2 lb. can sliced pineapple
½ cup pecan meats (chopped)

Peel grapes, cut in half, remove seeds. Cut marshmallows in quarters with sharp scissors. Cut pineapple in small pieces. Mix together lightly with a fork, add pineapple juice while mixing, being careful not to mash.

Chill in refrigerator at least two hours. Mix with following dressing half hour before serving. Serve on crisp lettuce leaves.

Dressing

3 egg yolks
⅓ cup milk
2 teaspoons sugar
2 tablespoons lemon juice
1 cup whipped cream
Pinch salt

Beat egg yolks light, add sugar, salt and lemon juice, stir well, add milk, cook in double boiler, stirring until thick. When cold, add whipped cream.

WHOLE PEAR SALAD No. 1

1 or 2 cans Bartlett pears
1 or 2 pkgs. cream cheese
1 cup rolled pecan meats
Cream
Dash paprika
Pinch salt

Drain pears from syrup. Mash cheese creamy, adding a bit of cream, add salt and paprika to season. Shape in round balls. Fill centers of half the pears with a cheese ball, then cover with other pear halves to make whole pears.

Roll pears in ground nuts until well covered. Place on individual salad plates or silver platter on crisp lettuce leaves. Garnish with small, crisp lettuce hearts, tiny cooked beets and cheese carrots.

Serve ice cold with French Dressing or oil mayonnaise to which one-third whipped cream has been added.

WHOLE PEAR SALAD No. 2

Prepare and fill pears with cheese balls as above. Tint the whole pears daintily with red fruit coloring, stick a whole clove in bottom and a tiny green leaf in stem end. Arrange on platter with hearts of lettuce, cheese balls and red and green maraschino cherries. Serve with Fruit Salad Dressing.

PEAR AND PINEAPPLE SALAD

Use best quality canned pears. Have ready as many slices of good grade canned sliced pineapple as pear halves.

Arrange beds of lettuce on individual plates. Place a slice of pineapple on lettuce, then half pear on top of pineapple.

Cover with a tablespoon Russian dressing or Thousand Island dressing.

Roll cheese balls in finely ground nuts, sprinkle with paprika. Place a ball on top of each pear. Serve chilled.

ALABAMA PEAR SALAD

Use canned bartlett pears. Drain from syrup. Roll freshly roasted peanuts fine with rolling pin.

Roll each pear half in peanuts. Arrange on crisp lettuce on individual plates, cavity side down.

Place a small cheese ball, rolled in paprika, on each side of pear. Serve with mayonnaise or French Dressing.

AVOCADO (ALLIGATOR) PEAR SALAD

Secure pears that are ripe but not too mellow. Peel with a silver knife, cut in half and remove seed. Cut in dice pieces or long thin strips.

Serve ice cold on crisp lettuce with French dressing to which one-half teaspoon Worcestershire has been added, or serve with Roquefort Dressing.

AVOCADO (ALLIGATOR) PEAR SALAD No. 2

Peel and cut pears in half, remove seed, fill cavity with French Dressing. Serve chilled.

AVOCADO (ALLIGATOR) PEAR AND PINEAPPLE SALAD

2 alligator pears
1 head crisp yellow lettuce
1 can sliced pineapple
French dressing

Peel pears as usual, cut in dice. Drain pineapple from syrup and cut in dice.

When ready to serve, mix fruit with French dressing, using a fork so as not to break pieces.

Line a salad bowl or individual plates with crisp lettuce. Heap fruit in center. Serve chilled with Cheese Straws.

CHERRY SALAD No. 1

2½ lbs. can white cherries
1 cream cheese
1 tablespoon heavy cream (about)
Pinch salt
Dash paprika

Drain cherries, remove pits carefully so as not to break them. Mash cheese, creamy (not soft), season with salt and paprika. Fill cherry cavities with cheese mixture, place in refrigerator to chill.

Serve eight or ten cherries on crisp or shredded lettuce for each portion. Cover with a spoonful Fruit Salad Dressing.

CHERRY SALAD No. 2

Fill cherry cavities with pecans, blanched almonds, or walnuts.

ATTRACTIVE FRUIT SALAD

Best yellow canned peaches
Canned sliced pineapple
Fruit salad dressing, or mayonnaise with whipped cream
Pistachio nuts
Crisp lettuce leaves
Canned white cherries

Place fruit on ice to chill. When ready to serve, drain well. Place lettuce leaves on individual salad plates, arrange a slice of pineapple on lettuce, then a half peach, pit side up, in center of pineapple. In center of peach cavity, place a cherry that has been pitted and filled with a pistachio nut (first having scalded and peeled the nuts).

Serve with Fruit Salad Dressing, or with mayonnaise to which one-third whipped cream has been added.

COMBINATION APPLE SALAD

1 cup finely-chopped lettuce
1 cup finely-cut celery
½ cup finely-cut dried figs
2 cups apple cut in small dice
Mayonnaise

Mix apple, celery, lettuce and figs together, add sufficient mayonnaise or Cooked Salad Dressing to moisten well. Serve on crisp lettuce leaves.

WALDORF SALAD

2 cups diced tart, fine apples
1 cup diced celery
1 cup chopped nuts
Mayonnaise, or fruit salad dressing
Salt and paprika

Mix apple, celery, and nuts together. Sprinkle lightly with salt and paprika. Moisten with Fruit Salad Dressing or mayonnaise. Serve on crisp lettuce leaves, and top with dressing. If mayonnaise is used, add one-third whipped cream.

WALDORF SALAD No. 2

To above ingredients, add one-half cup canned tiny peas.

APPLE BASKET SALAD

Serve Waldorf salad in scooped out red apple cases, scallop tops with sharp scissors.

APPLE AND DATE SALAD

2 cups cut-up apples
1 cup cut-up dates
½ cup chopped nuts
Fruit salad dressing, or French dressing

Pare firm apples, cut in dice. Stone dates, cut in small pieces, add nuts, mix lightly together.

Serve ice cold on crisp lettuce leaves with Fruit Salad Dressing or French Dressing.

GRAPEFRUIT SALAD

Peel fruit, separate in sections, remove outer skin, serve on lettuce hearts with French dressing or mayonnaise.

Orange, pineapple, or seeded Malaga grapes may be combined with grapefruit if desired.

ORANGE SALAD

Peel oranges, separate sections, remove skin and seeds. Make a nest of small crisp lettuce leaves on individual salad plates, arrange five or six orange sections in each nest, sprinkle with rolled nuts. Serve at once chilled, with French dressing.

ORANGE SALAD No. 2

Use half grapefruit and half orange sections for salad.

DU PONT SALAD

Take sections of oranges, remove pith and seeds, arrange in circle on lettuce. Mash two cakes cream cheese smooth, season with salt and paprika. Shape in sections like oranges. Alternate cheese with orange sections. Serve with French dressing or mayonnaise.

PINEAPPLE AND GRAPEFRUIT SALAD

Peel grapefruit, separate sections, remove skin, arrange on slices of pineapple. Surround with lettuce hearts. Serve with French dressing or mayonnaise.

PINEAPPLE AND CHEESE SALAD

Make cheese balls, roll in nuts. Place two slices of pineapple, one on top the other, in center of crisp lettuce. Place cheese balls in cavity of pineapple. Let narrow strips of pimento radiate in four spikes from center of pineapple slices. Sprinkle with chopped pecans. Pour French dressing over, serve at once.

PINEAPPLE AND CHEESE SALAD No. 2

Arrange pineapple slices on lettuce, press cheese through ricer over slices. Place half a stuffed olive in pineapple center. Serve with mayonnaise.

SALAD SUPREME

2 cups diced canned pineapple
1 cup diced soft marshmallows
½ cup broken pecans
Crisp lettuce leaves

Combine fruit, chill until ready to serve. Serve on crisp lettuce leaves with a spoonful following dressing over each portion.

Dressing

¼ cup heavy cream
¾ cup thin sweet cream
⅓ cup vinegar
¼ teaspoon salt
⅛ teaspoon paprika
1 teaspoon sugar

Heat thin cream in double boiler, when scalding hot, add vinegar gradually, stir constantly to prevent curdling. Add salt, sugar, and paprika. When thickened, set aside to cool. Whip heavy cream stiff, add to sauce when cold.

BANANA SALAD

3 large bananas sliced round
1 cup dates
1½ cups finely-cut celery

Mix together with a fork, being careful not to mash bananas. Combine with sufficient mayonnaise to moisten. Serve on crisp lettuce leaves with a little whipped cream on top.

LAMB AND PEA SALAD

2 cups cold lamb (cut in cubes)
2 lb. can tiny green peas
½ cup finely-cut celery
Mayonnaise

Any cold boiled or baked, left over lamb may be used. Cut in small pieces, measure required quantity.

Cook peas fifteen to twenty minutes, drain, chill, then mix with lamb. Add celery. Season with salt, pepper, and paprika. Add just sufficient mayonnaise to moisten well.

Heap mixture in center of a bed of crisp lettuce. Garnish with border of sliced tomatoes.

Nice to serve instead of meat course in summer for supper or luncheon.

SWEETBREAD SALAD

1½ lbs. sweetbreads
1⅓ cups diced celery
¾ cup broken pecan nuts

Clean sweetbreads, boil in slightly salted water to which one-half teaspoon lemon juice has been added. When perfectly tender, drain, plunge in cold water, remove skin and membrane. Cut in small pieces, mix lightly with nuts and celery with a fork. Add sufficient mayon-

naise or Boiled Salad Dressing to moisten. A little whipped cream added to mayonnaise improves the salad.

Serve chilled, garnished with crisp lettuce and quartered ripe tomatoes. Nice for suppers or luncheons.

ARTICHOKE AND SWEETBREAD SALAD

1 lb. veal sweetbreads
1 can artichoke hearts (put up in oil)
½ cup diced celery
1 cup sweet cream
½ cup catsup

Clean and cook sweetbreads tender, chill and cut in small pieces. Drain artichoke hearts, cut in pieces, chill. One hour before serving, mix sweetbreads, artichoke and drained celery together. If necessary, add more seasoning (artichokes usually come very highly seasoned). Mix cream and catsup together, combine with sweetbread mixture.

Chill before serving. Garnish with lettuce and ripe olives. Nice for luncheon or supper when no other meat course is served.

HAM SALAD

Beat two egg yolks light. Stir in one-half cup vinegar, cook in saucepan, stir constantly until thick, then cool.

Have ready two cups ground, boiled ham, pour dressing over, add one-half cup canned or fresh ripe tomatoes (chopped fine), one chopped pickle, tiny pinch sugar, one-quarter very small onion chopped fine, one teaspoon celery and mustard seed. Add pepper to taste.

Mix together, arrange in salad dish, garnish with lettuce leaves and parsley.

CHICKEN SALAD

3 or 4 lb. chicken
2 stalks white celery
1 tablespoon capers
3 hard-boiled eggs
½ cup broken pecan meats (if desired)
Mayonnaise dressing
Salt, pepper, paprika

Boil the chicken, preferably a large hen, until perfectly tender in water seasoned with salt and pepper. (Stock may afterwards be cooked down and used for soup.)

Put chicken aside until cold, then cut in one-half inch cubes with scissors. Cut celery in small pieces after allowing it to crisp in cold water. Add to chicken. Add egg cut in dice. Add capers. Moisten well with mayonnaise or Cooked Salad Dressing. Be sure to season well.

Chill several hours, then arrange in mound on salad dish or platter. Garnish with lettuce and sliced or riced hard-boiled eggs.

DANISH SALAD

Put following ingredients through fine meat grinder together: one-half pound any kind cold cooked meat; one-half small onion; two cold boiled white potatoes; three pickled beets; one large, hard, peeled apple; one small dill pickle; one-half stalk crisp celery.

Mix well together, season highly with salt and pepper. Add one and one-half tablespoons salad oil, two tablespoons red vinegar in which beets were pickled.

Arrange in oblong shape on platter. Garnish center with grated egg yolk. Arrange chopped white of egg in a circle around yolk. Garnish dish with crisp lettuce.

BISMARCK HERRING SALAD MOLD

1 jar Bismarck herring
1 lb. can tuna fish
¼ lb. firm fresh butter

Drain herring from liquor. Grind all ingredients through coarse meat grinder. If very dry, add a little of the liquor from herring. Pack firmly in a rinsed ring or other mold. Cover mold to keep odor from penetrating other food. Place in refrigerator five or six hours, or over night, until firm. Turn on platter when ready to serve. Serve with or without mayonnaise. Nice for Sunday night supper.

TUNA FISH SALAD

1 can tuna fish
1 stalk crisp celery
1 doz. chopped olives
Mayonnaise, or boiled salad dressing

Flake fish with a fork, add olives and celery cut up fine. Mix in sufficient mayonnaise to moisten well. Garnish with crisp lettuce leaves, spread a little mayonnaise on top of salad and slice a few stuffed olives over it.

TUNA FISH SALAD No. 2

Add two diced hard-boiled eggs to above ingredients.

CRAB RAVIGOTE

24 freshly-boiled hard shell crabs, or 1 lb. fresh crab meat
1 teaspoon paprika
1½ cups mayonnaise
2 tablespoons finely-chopped parsley

Pick meat from boiled crabs when cold, or use fresh crab meat. Mix with well seasoned mayonnaise, not too moist. Add paprika and parsley.

Place a crisp lettuce leaf in bottom of a large crab shell, heap crab meat on lettuce, put a teaspoon mayonnaise on top, garnish with a cross of thinly sliced red pimento or sardellen. Serve cold on individual plates, with cheese straws or beaten biscuit.

FRESH CRAB MEAT SALAD

½ lb. fresh crab meat
3 hard-boiled eggs
1 cup mayonnaise
2 tablespoons chili sauce
Paprika

Secure fresh, white crab meat. Remove pieces of shell. Separate white and yolks of eggs. Cut whites in small pieces. Add to crab meat. Add sufficient mayonnaise to moisten well. If not seasoned well, add more salt, pepper and paprika.

Serve in mounds on crisp lettuce leaves on individual plates.

Add chili sauce to one-half cup mayonnaise. Cover top of crab meat with dressing. Grate egg yolks on top, then sprinkle liberally with paprika. Serve ice cold. Capers may be added to crab meat if desired.

OYSTER SALAD

1 pint small oysters
2 lettuce hearts, shredded
1 chopped green pepper
1 teaspoon Worcestershire
3 drops tabasco sauce
¾ cup chopped celery
2 tablespoons catsup
1 tablespoon lemon juice
1 teaspon salt

Drain oysters, dry on clean towels. Add catsup, lemon juice, salt, Worcestershire and tabasco. Chill at least one hour. Clean and wash lettuce, shred, add green pepper and celery, moisten with a little French dressing. Chill on ice.

When ready to serve, drain oysters from sauce, add to lettuce mixture, stirring lightly with a fork. Serve on individual plates, garnish with slices of stuffed olive.

SALMON SALAD

1 can red salmon
3 tablespoons vinegar
3 tablespoons olive oil
1 teaspoon finely-chopped parsley
Salt, pepper, paprika

Drain salmon from liquor, remove skin and bones, place on ice several hours to chill. Serve in salad bowl on a bed of crisp lettuce. Make dressing by stirring oil and vinegar together. Season with salt, pepper and paprika, add parsley. Serve over salmon.

Thin slices of onion may be served over salmon if desired. Salmon may be mixed with mayonnaise as a dressing instead of oil and vinegar.

SHRIMP SALAD

1 pint fresh or canned shrimp
1 cup finely-cut celery
½ lemon (juice)
1 tablespoon chopped green pepper
Mayonnaise

If canned shrimp, soak in ice water ten minutes, then dry on clean cloth.

Cut or break fresh shrimp in pieces (not too small). Squeeze lemon juice over. Add celery and pepper, mix with mayonnaise to moisten well. Serve on crisp lettuce leaves, garnish with thin strips of green pepper.

FROZEN FRUIT SALAD No. 1

1½ cups diced orange pulp
1½ cups diced canned pineapple
1½ cups pitted canned white cherries (cut in half)
½ cup very finely-cut crisp celery
1 cup mayonnaise

Drain fruit thoroughly from syrup, mix with celery and well seasoned mayonnaise. Put in rinsed mold, pack in ice and rock salt four to five hours.

Serve in slices on lettuce with mayonnaise.

FROZEN FRUIT SALAD No. 2

1 cup orange juice
½ cup lemon juice
1¼ cups sugar
3½ cups cold water
1 teaspoon granulated gelatine
1 lb. can white cherries
2 lb. can sliced pineapple
1 lb. can yellow peaches
4 ripe yellow peaches

Soak gelatine in one tablespoon cold water five minutes, dissolve over hot water. Drain cherries from syrup, remove pits, cut in half. Drain pineapple and peaches from syrup, or use fresh peaches, cut in small pieces.

To syrup drained from fruit, add orange and lemon juice, sugar and water. Stir into dissolved gelatine, add fruit. Freeze in ice cream freezer until stiff as mush, then turn half frozen mixture in chilled mold or baking powder tins, pack in rock salt and ice three hours.

Slice and serve on crisp lettuce leaves with mayonnaise.

FRUIT GLACE SALAD

1 can peaches, apricots, or other fruit
Crisp lettuce
Mayonnaise dressing

Secure only best fruit in heavy syrup. Remove wrapper from can. Pack unopened can in rock salt and ice four to five hours.

When ready to serve, open can quickly, loosen contents from bottom and sides by wiping quickly with a hot, damp cloth.

Serve at once in slices, on crisp lettuce with mayonnaise.

FROZEN CREAM FRUIT SALAD

1 tablespoon granulated gelatine
3 tablespoons cold water
1½ cups well-seasoned mayonnaise
1½ cups heavy cream (whipped)
2 lb. can peaches
2 lb. can white cherries
2 lb. can sliced pineapple

Soak gelatine in cold water ten minutes. Drain fruit from syrup, measure one pint (if not sufficient, add water), heat. When boiling hot, pour over gelatine, stir until dissolved. Set dissolved gelatine in cold water until cold (not stiff).

Add mayonnaise gradually while stirring until smooth. Add cherries which have been pitted, also other fruit cut in small pieces. Add whipped cream. Pack in molds in rock salt and ice four hours.

Serve in slices on crisp lettuce leaves with mayonnaise. Garnish with slices of sweet red pepper.

This quantity will serve twenty people. Use half recipè for smaller quantity.

FROZEN TOMATO SALAD

2 lb. can tomatoes
1 can condensed tomato soup
1 cup mayonnaise, or 1 cup cooked salad dressing
½ cup very finely-diced celery
1 teaspoon granulated gelatine
1 tablespoon sugar
1 tablespoon chili sauce
1 tablespoon pickle relish
1 teaspoon grated onion
2 teaspoons Worcestershire

Soak gelatine in one tablespoon cold water five minutes, dissolve over hot water. Mix other ingredients together in a bowl; stir in dissolved gelatine. When well mixed, freeze in ice cream freezer until consistency of thick mush.

Chill a rinsed mold or baking powder tins, fill with half frozen mixture, pack in rock salt and ice two hours.

Unmold and serve on lettuce leaves with mayonnaise.

FROZEN VEGETABLE SALAD

2½ cups diced tomatoes
1 cup diced cucumbers
1 cup diced celery
1 tablespoon finely-cut green pepper
½ teaspoon grated onion
½ teaspoon horseradish
1 cup boiled salad dressing
1 cup whipped cream

Peel, then cut fresh ripe tomatoes in dice pieces, drain before measuring. Pare cucumbers thickly, cut in tiny dice, removing large

seeds. Cut white celery in tiny dice. Mix vegetables and onion. Mix dressing and whipped cream together, stir in vegetable mixture. Turn in rinsed mold, pack in rock salt and ice five hours. Serve in slices on lettuce leaves with mayonnaise or Cooked Salad Dressing.

FROZEN CHICKEN SALAD

2½ cups finely-diced white meat of chicken
1 cup boiled salad dressing, or 1 cup mayonnaise
¼ cup broken pecan meats
1 tablespoon cold water
1 pint heavy cream, whipped
½ lb. malaga grapes (peeled, seeded and diced)
1 teaspoon granulated gelatine

Soak gelatine in cold water ten minutes, set over hot water to dissolve, stir into salad dressing or mayonnaise, then add whipped cream. Fold chicken, grapes and nuts in mixture. Add more seasoning if necessary. Mix carefully, then turn in rinsed square mold. Cover with waxed paper and put tight top on carefully.

Pack in rock salt and ice four to five hours.

Serve in slices on fresh letuuce leaves. Garnish with stuffed olives and pimento. Serve two or three tiny cheese balls and toasted crackers with salad.

FROZEN FILLED TOMATO BASKETS

6 medium size, firm tomatoes
3 cold hard-boiled eggs, riced
4 tablespoons sweet pickle relish
Thousand Island dressing
Mayonnaise dressing
Salt, pepper

Skin or peel tomatoes carefully so that they remain firm. Chill on ice, then scoop out centers carefully, leaving a firm wall. Drain relish, add to riced eggs; add just sufficient mayonnaise to moisten. Season with salt and pepper if necessary, and mix well. Fill tomato cavities with mixture. Wrap each filled tomato carefully in waxed paper, twisting ends of paper to hold tight. Place in an oblong or square mold, cover with waxed paper and tight top.

Pack in rock salt and ice three hours. When ready to serve, unwrap tomatoes and serve on lettuce with Thousand Island dressing.

These tomatoes are very nice when chilled without freezing.

CHAPTER XVIII

SALAD GARNISHINGS AND ACCOMPANIMENTS

Salads are generally served with some kind of an accompaniment, especially when served as a separate course.

Crisped crackers are the simplest, and usually preferred as an accompaniment at simple home meals, and for the richer salads. Hot biscuits, hot rolls or hot cheese combinations usually accompany salads served at luncheons or teas. Cheese balls, cheese carrots and other garnishings lend attractiveness to the salad as well as giving a piquant and agreeable flavor to it.

INDIVIDUAL PINEAPPLE BASKETS

Secure medium size fresh pineapples. Remove the leafy stalk by twisting it round from side to side, then put it aside. Cut pineapple in half lengthwise, then cut each half crosswise; this will make four baskets of each pineapple. Cut out centers of baskets, leaving the hollow shells. The removed fruit should be cut in dice; add an equal quantity of cut grapefruit sections, pitted fresh red cherries and canteloupe balls, or use any other preferred fruit combination. Chill fruit and baskets in refrigerator until ready to serve, then mix fruit with a little French dressing and heap in the baskets. Arrange baskets on individual plates, encircle with crisp lettuce leaves or hearts, then place a few pitted cherries and canteloupe balls at intervals on the lettuce. If preferred, the baskets may be arranged on a silver tray or platter, placing the leafy stalk in center of tray.

LARGE PINEAPPLE BASKETS

Secure large, fresh pineapples. Pull off some of the leafy stalk, leaving a few leaves in the center. Make a cut with a sharp knife on both sides of the bunch of leaves, cutting half way down the pineapple, thus forming a handle about two inches wide. Now cut deep, crosswise, with the sharp pointed knife on both sides of the handle, being careful not to cut through the handle.

Remove the piece that is cut, scoop out pineapple pulp from that part, also from bottom of basket. Be careful to leave handle thick enough so that it will not break. Chill the basket until ready to serve,

then tie a bow of stiff ribbon or tulle to match table decorations, in center of handle.

Chill removed pineapple pulp, shred or cut in cubes; combine with diced orange, pitted red cherries, melon balls or any preferred fruit. Mix fruit with a little French dressing or Fruit Salad Dressing, then heap in baskets. Serve on silver platter, garnish with lettuce hearts, slices of canteloupe, alligator pears and grapefruit sections.

CUCUMBER BOATS

Secure one-half as many large or medium size cucumbers as there are individual servings. Wash and dry thoroughly. Cut each cucumber in half lengthwise with a sharp silver knife, cut and scrape out the inside of cucumbers, leaving a shell thick enough not to break easily, if necessary cut a tiny piece from center of bottoms to make "boats" sit level. Soak in ice water at least one hour, keep chilled until ready for use. Drain when ready to fill. Fill with salad made of the scooped out cucumber, any preferred salad, or with tomato aspic, letting it harden in the boats. Serve on beds of shredded lettuce, accompanying with mayonnaise.

POINSETTIA TOMATO BASKETS

Secure uniform, perfect, ripe tomatoes; wash and dry thoroughly, then chill. Cut through the skin of each tomato lengthwise, in six or seven petals, cutting nearly but not quite to the bottom of stem end. Scoop out most of inside carefully, leaving a thick shell. Curve or bend the loosened petals back to form the poinsettia flower.

Chill until ready for use. Fill with crab meat salad, any preferred salad, or softened cream cheese. Serve on lettuce beds.

GREEN PEPPER RINGS FOR GARNISHING

Select large, perfect green peppers, cut in half, crosswise, then cut in round strips about one-third inch wide. Free circles from seeds and pith. Soak in ice water thirty minutes. Keep chilled until ready for use. Use as bands for holding bunches of asparagus when serving.

Pepper rings may be filled with softened, well seasoned cream cheese. The cheese should be stuffed solidly into rings, or into pepper halves before cutting rings. Keep in refrigerator four to five hours to harden cheese. Use the filled rings for garnishing salads or cold meats.

The small pieces of pepper that are left may be used for seasoning other dishes.

LEMON RINGS

Use perfect lemons, clear yellow if possible, cut in round slices about one-half inch wide. Remove inside carefully by cutting around inside of rind with a sharp pointed knife, being careful not to cut rings. Keep in ice water or refrigerator until ready for use. Use as bands for holding asparagus when serving, let asparagus extend equally on both sides of ring. The lemon pulp may be used for lemonade or sherbet.

CALLA LILIES FOR GARNISHING

Secure large sound white turnips. Peel, then cut crosswise in round circles about one-eighth inch thick. Soak slices in warm water until soft enough to bend or mold without breaking. Peel and cut as many long carrot slices as there are turnip circles. The carrot pieces should be size and shape of a calla lily petal. Stick a toothpick in one end of each carrot petal, then slip one softened turnip slice on each toothpick, having the toothpick in exact center of turnip slice. Now with the fingers catch bottom of turnip slice together, forming a cup or calla lily shape around carrot petal, tie with thread or cord to hold in place. Curve and tie top of turnip loosely with thread. Cut off most of toothpick at the bottom. Soak lilies in ice water, or chill in refrigerator until ready for use. When cold and crisp lilies will hold their shape, and the upper string may be removed. Use for garnishing salads and other dishes.

CHEESE CARROTS

Squeeze through a ricer or grind, as much fresh yellow cheese as required, allowing one-half pound for about sixteen carrots. Season with a little salt and one-half teaspoon paprika, then chill. Put a spoonful cheese in palm of the hand, roll and shape in small carrots one to one and one-half inches long. Make a hole in the leaf end with a toothpick and insert a tiny sprig of parsley or carrot top. Use as garnish with salad course.

CHEESE BALLS WITH PARSLEY

Cut a package of cream cheese in eight or nine pieces. Shape into balls in palm of the hand. Roll each ball in very finely-minced fresh parsley. Chill. Use as garnish with salad course.

CHEESE STRAWBERRIES

Mash one or two packages cream cheese soft, using a bit of cream if necessary. Season with paprika and a pinch of salt. Add sufficient red vegetable coloring to tint the shade of ripe strawberries. Shape into strawberries, pressing a slight dent in tops; insert a tiny leaf in dent. Place in refrigerator several hours before serving. Use as garnish with salad course.

TINTED CHEESE BALLS

Mash one or two packages cream cheese soft, using one teaspoon cream if necessary; add two drops tabasco sauce, and a pinch salt. Divide cheese mixture in two portions. Tint one portion delicately with red vegetable coloring, and the other with green vegetable coloring. Chill separately, then shape into small balls and roll in ground pecan meats. Use as garnishing with salad course.

WALNUT CHEESE BALLS

Cut off small pieces of cream cheese, and press between walnut halves. Cheese should not extend beyond nut on either side. Serve with salad course.

CHEESE BALLS

Mash cream cheese smooth, season with pepper, paprika and a little salt.

Shape into small balls, roll in chopped nuts or paprika, or serve plain, with fruit or vegetable salad.

CELERY STUFFED WITH CHEESE

Select crisp inner branches of celery, as near one size as possible. Wash, soak in ice water thirty minutes, then dry thoroughly with clean towel.

Fill the hollow part of branches with Roquefort or yellow cheese, or half of each. Mash cheese smooth with a little soft butter or cream. Add salt, pepper and paprika to taste, then add a few drops Worcestershire. A few finely-minced olives may also be added if desired. Chill branches after filling. Serve with salad course.

FRIED CHEESE BALLS

1½ cups grated yellow cheese
1 tablespoon flour
¼ teaspoon salt
3 egg whites
Dash cayenne

Cheese should not be too fresh or it will not grate well. Add salt, cayenne and flour. Whip egg whites to a very stiff dry froth, add to

cheese mixture, stirring with a spoon. Pinch off small pieces, shape into balls in palm of hand. Roll each ball separately in fine cracker meal placed on a small platter, be sure balls are coated all over.

Sprinkle more cracker meal on another platter, lay balls on second platter, separated from each other. Chill in refrigerator two hours. When ready to fry immerse in deep hot fat in a frying basket. Drain and serve at once with salad course. Makes twenty balls.

CRISPED CRACKERS

Spread square or round plain crackers with softened butter. Place on tins in a moderate oven until thoroughly heated and a *very* delicate brown. Crackers may be heated without spreading with butter. Cool before serving with salad course.

CHEESE CRACKERS

Spread crackers or butter thins generously with grated cheese, seasoned with salt and a few grains cayenne. Heat in oven until cheese is melted and very delicately browned. Serve with salad course.

CHEESE STRAWS

½ lb. yellow cheese (grated)
1 tablespoon butter
2 tablespoons milk
1 egg
1½ cups flour
1/16 teaspoon cayenne

Mash butter soft, add well-beaten egg, then grated cheese, salt and cayenne. Stir in milk, add flour, mix to a soft dough easily handled, a little more flour may be necessary. Roll out very thin on floured board, cut in strips one-quarter inch wide. Twist strips a few times to curl. Bake on tins in a hot oven.

Serve with salad course or with tea.

CHEESE WAFERS

Make dough same as for cheese straws. Roll out as thin as paper on floured biscuit board. Cut in round pieces a little smaller than a patent wafer iron; put one piece at a time in hot wafer iron, press tightly together and cook over fire quickly. Remove at once from iron, or roll like sweet wafers. Serve with salad course or with tea.

CHEESE CIRCLES OR RINGS

¾ cup flour
1 cup grated cheese
2 tablespoons cream
2 tablespoons butter
⅛ teaspoon salt
Dash cayenne

Cream butter soft, add cheese, flour and seasoning. Mix in cream. Roll out in a thin sheet on floured biscuit board. Cut out with a small round biscuit cutter, cut out centers with a smaller cutter, leaving rings about one-quarter inch wide. Bake on greased tins in a hot oven, browning delicately. Serve fresh with salad course.

CHEESE STRIPS

1 cup sifted flour
1 cup grated cheese
⅓ cup milk (or less)
1 egg yolk
3 tablespoons soft butter
½ teaspoon salt
½ teaspoon paprika
Cayenne

Mix flour, cheese, salt, paprika and cayenne together. Stir butter and unbeaten egg yolk together. Mix contents of both bowls. Add just enough milk to mix to dough, easily handled. Handle as little as possible, it should not be quite so stiff as pie pastry.

Turn in center of a slightly floured biscuit board, do not roll out, but beat out lightly with a rolling pin, in a square about three-quarters inch thick, leaving edges smooth, and handling as little as possible. Cut in strips about one-half inch wide. Place on baking tins, leaving a space between each strip. Brush tops with unbeaten egg white. Bake in a hot oven. Strips may be twisted before baking if desired. Serve fresh with salad course.

BREAD CHEESE STICKS

Cut stale sandwich bread in slices one-third inch thick, remove crusts and spread thinly with soft butter. Sprinkle thickly with grated yellow cheese seasoned with a little salt and cayenne. Bake just long enough to toast bread and melt cheese.

CHEESE TOAST

Cut slices of sandwich bread as for toast; cut rounds from center with a small biscuit cutter. Toast rounds evenly on both sides, while hot sprinkle one side thickly with grated yellow cheese. Return to oven just long enough to melt cheese. Serve while hot with salad course.

CHEESE SAVORIES

Spread crisp crackers or saltine crackers with a paste made of two parts Roquefort cheese and one part creamed fresh sweet butter. Mash until smooth, season with salt, paprika and a few drops Worcestershire. Garnish centers with a ring of stuffed olive or a fancy cut piece of pimento. Serve with salad course.

CHAPTER XIX

SALAD DRESSINGS

Salad dressings may be as simple or as elaborate as one's taste dictates. Nearly all the dressings have as a fundamental either a French Dressing, Mayonnaise Dressing or Boiled Salad Dressing.

These dressings are all capable of many variations, dependent on the other ingredients added after the fundamental is made. The heavier salads are best made with the thick dressings. The daintier ones are best made with French or oil dressings.

Whipped cream may be added to the thicker dressings, but it should never be done until just before serving.

Whipped cream is especially nice to add to dressings that are to be served with fruit salads. Salad dressings may be mixed in with the salad, or poured over it just before serving; or the dressing may be served separately at the table. When a molded ring salad is served, the dressing should be served in a small bowl or mayonnaise dish that fits in the center of the ring.

A jar of mayonnaise or French dressing should always be kept in the refrigerator for emergencies. If kept in an airtight jar, they remain fresh a week or longer. If the mayonnaise looks as if the oil had separated, beat another egg yolk, begin adding a little fresh oil, then add the dressing on hand gradually, and beat back smooth.

FRENCH DRESSING

⅓ cup lemon juice
½ cup salad oil
1/16 teaspoon cayenne
¾ teaspoon salt
½ teaspoon paprika
⅛ teaspoon pepper
1 teaspoon sugar (if desired)

Put all ingredients in a bottle or cream jar, shake well to incorporate. French dressing should always be shaken before serving, as the oil separates when left standing. It will keep indefinitely in a cool place. Vinegar may be substituted for lemon juice if preferred. When serving salad with French dressing, *rub* the inside of the bowl from which it is served with a clove of garlic, but be sure not to leave any piece of garlic in the bowl. The rubbing will impart a piquant flavor to the salad, and will not be objectionable even though one does not like garlic.

RUSSIAN OIL DRESSING

To one-half cup French dressing add two tablespoons chili sauce and one and one-half tablespoons pickle relish. Mix well before serving.

EASY SALAD DRESSING

1 tablespoon salad oil
1½ tablespoons catsup
2 tablespoons vinegar
2 tablespoons sugar
Paprika, salt, pepper

Have ingredients thoroughly chilled. Stir vinegar gradually into oil, add other ingredients, shake well. If left standing any length of time, beat with a fork or shake before using.

LEMON SALAD DRESSING

4 eggs
2 juicy lemons
2 tablespoons melted butter
½ teaspoon dry mustard
1 saltspoon salt
Pinch cayenne
Cold water

Squeeze, then strain the juice of lemons, turn into a measuring cup, adding sufficient water to fill cup three-quarters full.

Beat eggs light, add melted butter drop by drop, stirring constantly while adding, then add liquid and egg in cup, mix well, add seasoning.

Cook in double boiler, stirring until thick. Put aside to cool. When ready to serve, add sufficient cream (not whipped) to thin to proper consistency.

SURPRISE SALAD DRESSING

½ cup salad oil
⅓ cup lemon juice
2 tablespoons catsup
1½ tablespoons minced green pepper
2 hard-boiled eggs (riced)
2 teaspoons sugar
¾ teaspoon dry mustard
⅛ teaspoon paprika
1 teaspoon salt

Mix salt, sugar, paprika and mustard, stir in oil gradually, when well mixed, add balance of ingredients. Mix well. Chill before serving over salad, or mixing with cabbage slaw.

CHEESE DRESSING

4 tablespoons salad oil
3 tablespoons vinegar or lemon juice
2 tablespoons Roquefort cheese, or 2 cream cheese
¼ teaspoon sugar
½ teaspoon Worcestershire
1/16 teaspoon paprika
Salt and pepper

Mash cheese very smooth, add oil very slowly, stirring with a silver fork until perfectly smooth and well incorporated. Add lemon juice or vinegar, add seasonings. Sugar may be left out if preferred. Chill at least ten minutes before serving over hearts of lettuce or peeled, chilled tomatoes.

OIL MAYONNAISE

2 egg yolks, or 1 whole egg
2 drops onion juice
¼ teaspoon salt
2 cups salad oil
½ teaspoon dry mustard
2 tablespoons lemon juice
Few grains cayenne

Mixing bowl and ingredients should be chilled. Stir egg or yolks until well broken, add oil gradually, beginning drop by drop until mixture begins to thicken, then add a little more rapidly, adding a little lemon juice alternately until all is used, stirring constantly. Sift in seasonings, add onion juice unless objectionable.

A silver fork, wire egg beater, or mayonnaise mixer may be used for making mayonnaise. Mayonnaise must be stiff enough to hold its shape, if eggs are very large more oil may be added if desired.

FIVE-MINUTE MAYONNAISE

1 whole egg
2 cups salad oil
1½ tablespoons lemon juice
¼ teaspoon salt
¼ teaspoon white pepper
½ teaspoon paprika
½ teaspoon dry mustard
Few grains cayenne

Break egg in a bowl, stir with a wire egg beater only until broken, sift in dry ingredients, stir until mixed. Add oil drop by drop until mixture begins to thicken, then faster alternating with lemon juice until all is used. This dressing may be made in five to six minutes. Will keep a week in an airtight jar in refrigerator.

CREAM MAYONNAISE DRESSING

Add one-half cup heavy cream, whipped stiff, to Oil Mayonnaise or Five Minute Mayonnaise, just before serving.

FAVORITE SALAD DRESSING

3 eggs
½ cup vinegar
¼ teaspoon pepper
¼ teaspoon salt
1 tablespoon butter
1 tablespoon sugar
1 teaspoon prepared mustard
1 teaspoon lemon juice
¼ teaspoon celery seed
1 cup heavy cream (whipped)
Few grains cayenne

Heat vinegar, butter and sugar in double boiler. Beat eggs light, add dry ingredients. Mix well, stir into hot vinegar until mixture begins to thicken, add lemon juice, stirring until quite thick. Remove from fire, chill before adding whipped cream. Dressing will keep several days if cream is not added.

CREAM SALAD DRESSING

½ cup sweet cream
⅓ cup vinegar
1 teaspoon sugar
¼ teaspoon salt
1 teaspoon dry mustard
2 eggs
Dash pepper

Beat eggs light, sift in dry ingredients while stirring. Add cream gradually. Cook in double boiler, stirring until mixture begins to thicken, add vinegar gradually, stirring until thick. Remove at once from fire. Add while hot to finely cut cabbage for slaw, or chill before using on other salads.

HOT DRESSING FOR CABBAGE SLAW

3 eggs
1 cup milk
½ cup hot vinegar
½ teaspoon dry mustard
½ teaspoon salt
2 teaspoons sugar
3 tablespoons melted butter
Few grains cayenne

Beat eggs light, sift in dry ingredients, stir in butter. Add milk gradually. Heat in double boiler, stir constantly while adding hot vinegar until smooth and thick. Pour while hot over finely-cut cabbage, adding more seasoning if necessary.

COOKED SALAD DRESSING

4 egg yolks
2 tablespoons butter
1 tablespoon sugar
¾ teaspoon dry mustard
1 cup whipped cream
½ cup vinegar
¼ cup cold water
1 teaspoon salt
½ teaspoon paprika
Good dash cayenne

Heat vinegar, water, butter and sugar to boiling point. Beat egg yolks light, sift in mustard, salt, paprika and cayenne while stirring. Stir constantly while adding hot vinegar mixture slowly. Cook, preferably in double boiler, stirring all the while until consistency of thick custard. Cool, then fold in whipped cream.

BOILED SALAD DRESSING FOR PARTIES
(Four Quarts)

5 cups vinegar
1 cup cold water
¾ cup sugar
1½ cups butter
1 qt. heavy cream (whipped)
30 eggs
5 teaspoons dry mustard
4 teaspoons salt
1 teaspoon paprika
¼ teaspoon cayenne
1 teaspoon pepper
Juice 2 lemons

Heat vinegar, water and sugar together. Beat eggs light, sift in dry seasonings while stirring. Pour boiling vinegar gradually into egg mixture, stirring constantly so that it will not curdle. Add lemon juice. Cook in double boiler, stirring constantly until very thick. Add cream just before serving. May be kept in refrigerator several days before adding cream.

SPANISH SALAD DRESSING

1 cup mayonnaise, or boiled salad dressing
¾ cup catsup
¼ teaspoon paprika
2 tablespoons minced celery

Mix all ingredients. Serve chilled over hard-boiled eggs or salad.

RUSSIAN SALAD DRESSING No. 1

1 cup salad oil
½ cup chili sauce
3 tablespoons lemon juice
1 egg yolk
1 teaspoon salt
½ teaspoon dry mustard
½ teaspoon sugar
¼ teaspoon paprika

Stir egg yolk until broken, add dry ingredients. Stir in oil gradually until beginning to thicken, add lemon juice, stirring constantly until thick. Add chili sauce last. All ingredients and utensils should be kept cold while mixing. Bowl may be placed in a pan of ice water or cracked ice.

RUSSIAN SALAD DRESSING No. 2

1 cup stiff mayonnaise
5 drops onion juice
2 teaspoons minced green pepper
3 tablespoons chili sauce
2 tablespoons lemon juice
1 teaspoon Worcestershire

Mix lemon juice, Worcestershire and chili sauce together, stir into mayonnaise, add other ingredients, mixing well. Chill before using.

THOUSAND ISLAND DRESSING No. 1

1 cup mayonnaise
½ cup chili sauce
1 teaspoon minced onion
1 tablespoon chopped olives
1 tablespoon chopped celery
1 teaspoon chopped green pepper

Mix all ingredients. Serve chilled over salad.

THOUSAND ISLAND DRESSING No. 2

1 cup mayonnaise, or boiled salad dressing
1 teaspoon chopped green pepper
1 hard-boiled egg (chopped)
1 teaspoon chopped parsley
1 chopped pimento
½ teaspoon paprika

Chop egg fine, add to other seasonings, stir into mayonnaise, then add chili sauce. Half cup whipped cream may be added if desired. Keep bowl cold while mixing ingredients.

CAVIAR DRESSING

2 tablespoons caviar
2 tablespoons catsup
2 tablespoons salad oil
3 hard-boiled eggs (chopped)
1 tablespoon lemon juice
Salt and pepper
Few grains cayenne
Paprika

Stir lemon juice briskly into oil, mix in caviar until smooth, add other ingredients. Serve chilled over lettuce or peeled chilled tomatoes. Tiny pickled pin onions added to sauce will improve it.

RUSSIAN CAVIAR DRESSING

1 small can caviar
1 cup mayonnaise
⅓ cup chili sauce
½ cup whipped cream

Mix ingredients together. Serve chilled over cold asparagus or aspic salads.

SOUR CREAM DRESSING

1 cup heavy sour cream
1½ tablespoons lemon juice
2 teaspoons sugar
Salt and pepper

Whip cream stiff, fold in sugar, add lemon juice and a tiny bit salt and pepper. Serve chilled over fruit salad or asparagus.

FRUIT SALAD DRESSING No. 1

½ cup canned fruit juice
¼ cup sugar
1½ tablespoons lemon juice
2 eggs
½ cup heavy cream

Beat eggs and sugar together light, add salt, stir in lemon juice and fruit juice gradually. Cook in double boiler, stirring constantly until thick. Put aside to chill, then add whipped cream. Serve over fruit salad or aspic salad.

FRUIT SALAD DRESSING No. 2

¾ cup orange juice
¼ cup lemon juice
¾ cup whipped cream
1 tablespoon butter
3 tablespoons sugar
2 egg yolks
Pinch salt

Mash butter soft, stir in sugar, add well beaten egg yolks. When well mixed, add gradually the lemon and orange juices that have been heated to boiling point. Cook in double boiler, stirring constantly until mixture is thick. Set aside to chill. Add whipped cream when serving.

Serve over fruit or aspic salad.

FRUIT SALAD DRESSING WITH HONEY

2 egg yolks
⅓ cup heavy cream
⅓ cup strained lemon juice
½ cup strained honey

Beat egg yolks light, add lemon juice gradually, stir in honey. Cook until thick, stirring constantly until thick. Put aside to cool. Add whipped cream before serving over grapefruit or fruit salad.

MARSHMALLOW DRESSING

4 egg yolks
16 marshmallows (cut in small pieces)
¾ cup chopped pecan meats
1 cup heavy cream (whipped)
4 tablespoons lemon juice
1 teaspoon dry mustard
1 teaspoon sugar
½ teaspoon salt

Beat egg yolks slightly, sift in mustard, sugar and salt; when mixed, stir in lemon juice. Cook in small saucepan over slow fire, about five minutes, stirring constantly until mixture is thick as paste. Add marshmallows just before removing from fire, stir until dissolved, remove at once, beat smooth, put aside to chill. Add nuts and whipped cream before serving over grapefruit or fruit salad. Use half recipe for small quantity salad.

FROZEN MAYONNAISE

1 cup mayonnaise, or cooked salad dressing
1½ cups stiffly-whipped cream
Lemon juice
Salt, pepper, paprika

Mix mayonnaise or salad dressing with whipped cream. Season highly with salt, pepper, paprika and lemon juice. Turn into a square rinsed mold. Pack in rock salt and ice three to four hours. Serve sliced on congealed salads instead of plain mayonnaise. Garnish with small pieces of fancy cut pimento.

CHAPTER XX

ASPICS AND ASPIC SALADS

The Basic Recipe for one pint of any aspic jelly is one tablespoon or one-half ounce granulated gelatine, one-quarter cup cold water and one and three-quarter cups liquid or pulp, making one pint liquid; add one-quarter to one-half cup sugar, according to acidity of ingredients and the taste of the individual; and a pinch of salt.

The quantity of liquid to be used varies somewhat with the season of the year; with the time allowed the mixture to stiffen; with the consistency of the jelly desired, and with the acidity of the liquid used.

In hot weather use a little less liquid, or a little more gelatine. If a soft jelly is desired, use a little more liquid. An acid liquid requires proportionately more gelatine; also if you wish to add large pieces of fruit to make a fruited jelly, you should add a little more gelatine.

The First Step in making gelatine salads or desserts with granulated gelatine is to soak gelatine in cold water ten to fifteen minutes until all the water is absorbed. Then soften this soaked gelatine either by heating over hot water or by mixing with hot liquid. If the gelatine is melted over hot water and is then added to cold liquid, it will stiffen into jelly in a much shorter time than if hot liquid were added. When all the other ingredients are cold, gelatine may be made to "set" in a very few minutes. If one is in a hurry, place the bowl or pan containing gelatine mixture in a pan of cracked ice or ice water. This will hasten the process of hardening.

To Unmold Jelly.—Immerse, for an instant only, in warm water and loosen about edges. Invert the dish on which jelly is to be served, over the top of the mold, then reverse the whole. Be sure to keep mold in center of the dish. Jelly should unmold without any trouble.

HOME-MADE RING MOLDS

(For Aspics and Gelatine Puddings)

Place a pint glass preserve jar or a one-pound baking-powder tin in the center of a round shallow bowl or pan. Fill the jar or tin with cracked ice or ice water, and see that it stands firm. Fill the

outside bowl or pan with the gelatine mixture. Place in refrigerator until congealed. When ready to serve, remove jar or can from center, empty mixture as usual.

Well made rings and other molds may be purchased at almost any store handling kitchen utensils.

Small jelly glasses may be used for making individual jelly aspics. They must be rinsed with cold water before putting gelatine mixture in.

CLEAR ASPIC

(For Fruit, Vegetables or Sea Foods)

2 tablespoons granulated gelatine
1 pint boiling water
⅓ cup lemon juice or vinegar
½ cup cold water
¾ cup sugar
1 teaspoon salt

Soak gelatine in cold water fifteen minutes. Heat hot water, lemon juice or vinegar, sugar and salt to boiling point, stir into soaked gelatine until dissolved. Strain, put aside until beginning to congeal, then add vegetables, cut-up fruit or sea food. Place in refrigerator to harden.

CLEAR ASPIC FOR FRUIT SALAD

2 tablespoons granulated gelatine
2 cups canned fruit juice
¼ cup lemon juice
½ cup cold water
¾ cup sugar
¼ teaspoon salt

Soak gelatine in cold water fifteen minutes. Heat fruit juices (add water if not sufficient), sugar and salt to boiling point. Stir into soaked gelatine until dissolved. Add lemon juice. Strain, set aside until beginning to jell, then add cut-up fruit.

CLEAR CHICKEN ASPIC

Cover a four to five-pound hen with cold water; add one-half cut-up onion, two slices green pepper, two branches celery, one cut-up carrot, salt and pepper to taste. Cook rapidly thirty minutes, reduce heat and cook until fowl falls to pieces from long cooking, and liquid is reduced to one-third quantity of water added. Remove from fire, leave fowl in water, set aside to cool slightly, then remove fowl, skim

fat from liquid, strain and reheat. When liquid comes to a good boil, add the crushed egg shell and beaten white of one egg. Let boil up once or twice, then skim off the scum that is on top and strain liquid through double cheesecloth.

Soak one tablespoon gelatine in one-quarter cup cold water fifteen minutes. Stir two cups hot liquid over to dissolve. If necessary, add more salt and pepper to season, also a little cayenne, and sufficient lemon juice to make slightly tart. Let begin to congeal before adding vegetables, fish, sea foods or meat for aspics.

CLEAR BEEF ASPIC

3 lbs. beef brisket
1 lb. lean beef
2 tablespoons granulated gelatine
2 branches celery
1 tablespoon salt
1 bay leaf
3½ qts. cold water
2 diced carrots
½ cup cold water
1 sliced green pepper
¼ teaspoon pepper
2 cloves

Wash meat, cover with cold water, cook thirty minutes, skim well, reduce heat, add vegetables and seasonings. Cook slowly and steadily five to six hours until meat is ready to fall to pieces and stock reduced to one or one and one-quarter quarts.

Remove meat, strain liquid, put aside to cool; it is best to chill in refrigerator over night. When cold, remove all fat, and reheat.

Soak gelatine in one-half cup cold water fifteen minutes, pour boiling liquid over to dissolve. Set aside to harden. Use as foundation for meat, fish or vegetable aspic.

CLEAR TOMATO ASPIC

2 lb. can tomatoes
¾ cup cold water
1 teaspoon salt
2 teaspoons sugar
½ teaspoon Worcestershire
½ teaspoon pepper
2 tablespoons granulated gelatine
1 tablespoon chopped onion
2 tablespoons chopped celery
1 tablespoon lemon juice
2 cloves
1 bay leaf
Good dash cayenne

Soak gelatine in one-half cup cold water fifteen minutes. Cook tomatoes and balance of ingredients, except lemon juice, slowly and steadily thirty minutes. Strain boiling mixture over soaked gelatine, stirring until dissolved. Add lemon juice, strain again. Pour in rinsed small or large molds, place on ice to harden. Serve plain, or as foundation for vegetable, sea food, meat or egg aspic.

CLEAR EMERGENCY TOMATO ASPIC

1 can tomato soup
1 pint cold water
2½ tablespoons granulated gelatine

Soak gelatine in one-half cup cold water fifteen minutes. Heat tomato soup and water to boiling point, then cool. Set soaked gelatine over boiling water to dissolve, then stir in soup mixture. Turn into small or large rinsed molds, place in a pan of cracked ice or ice water to harden. Serve on lettuce with mayonnaise.

MINT ASPIC

1 cup mint leaves
½ cup cold water
2 cups boiling water
½ cup sugar
2 tablespoons granulated gelatine
⅓ cup lemon juice
½ teaspoon salt
Green vegetable coloring

Soak gelatine in cold water ten minutes. Pour boiling water over mint leaves, cover and let stand on back of stove five minutes to keep hot (do not cook).

Strain through cheesecloth over soaked gelatine, stirring until dissolved. Add salt, sugar and lemon juice. Add just enough green coloring to make shade desired. Strain into rinsed individual or ring molds. Place in refrigerator five to six hours to harden.

EMERGENCY TOMATO ASPIC SALAD

1 can asparagus tips
6 hard-boiled eggs (sliced round)
½ cup diced celery
½ cup diced cooked ham, or chicken
Clear Emergency Tomato Aspic

Line a rinsed mold with half the asparagus, cover with half the aspic. When beginning to harden, alternate ham or chicken, celery and egg slices in layers, cover with balance of asparagus, turn in balance of cold aspic (not congealed). Place on ice to harden. When serving, garnish with lettuce leaves. Serve with mayonnaise.

INDIVIDUAL TOMATO ASPIC

2 pkgs. cream cheese
⅛ teaspoon paprika
1 tablespoon cream
Pinch salt
Clear Tomato Aspic

Make clear tomato aspic; turn in rinsed individual molds to harden, five to six hours. Mash cheese smooth with cream and seasoning. Shape in small balls, roll in finely-rolled pecans, let chill. When ready to serve, unmold aspic, scoop out centers sufficiently to hold a cheese ball. Place a ball in each cavity. Place aspics on beds of lettuce. Garnish with diced aspic cut from scooped-out pieces. Serve with mayonnaise dressing.

INDIVIDUAL BEEF ASPIC SALAD WITH EGG AND CAVIAR

5 hard-boiled eggs
1 small can caviar
Mayonnaise
Russian salad dressing
Clear Beef Aspic
Lettuce

Make a clear beef aspic a day previous to serving. Strain, place in refrigerator over night to jell. Remove all fat and reheat. Boil eggs hard; when cold, cut in half, crosswise, carefully, so as not to break. Remove yolks, mash smooth with caviar, adding sufficient mayonnaise to make mixture smooth, not soft. Refill white halves. Turn beef aspic in bottom of individual rinsed molds or jelly glasses, let begin to set, put in egg halves, stuffed side down, fill molds with aspic, place in refrigerator to harden. Unmold on crisp lettuce, cover with a spoonful Russian dressing.

If preferred, salad may be made in a large mold.

CHICKEN ASPIC WITH EGGS

7 small hard-boiled eggs
1 large can pimento
Clear Chicken Aspic
Thousand Island dressing
Lettuce

Boil eggs hard; when cold, remove shells carefully. Make clear chicken aspic, cover bottom of individual rinsed molds or jelly glasses to one-third depth. Place in refrigerator to begin to jell. Cut the smaller end from each egg or cut crosswise in half with a sharp knife. Insert a thin strip of red pimento in the cut end. Place one egg, cut side down, in each mold. Fill mold with aspic. Place on ice to congeal, five to six hours. Unmold on beds of lettuce when ready to serve. Serve with Thousand Island dressing.

DUCHESS ASPIC RING

7 hard-boiled eggs
2 cans artichoke hearts
1 can caviar
Clear Chicken Aspic
Mayonnaise
Lettuce

Make aspic day previous to serving. Remove fat next morning and reheat.

Boil eggs hard; when cold, remove shells, cut in half crosswise carefully, remove yolks, add caviar and sufficient mayonnaise to make smooth mixture, but not soft. Refill white halves. Drain artichokes from liquor.

Fill a rinsed rig mold half full with warm aspic, place on ice to begin to jell. Alternate stuffed egg halves and artichoke hearts around ring on top of aspic, placing eggs cut side down. Fill ring with aspic, place again on ice to harden, five to six hours. Unmold when ready to serve, place a bowl of mayonnaise in center of ring. Garnish with hearts of lettuce interspersed with cheese carrots.

QUICK SNAPPY ASPIC SALAD

1 cup canned bouillon or consommé
1 cup cold water
2 hard-boiled eggs, sliced
1 small can asparagus tips
1½ tablespoons granulated gelatine
2 tablespoons chopped celery
2 tablespoons lemon juice
1 teaspoon sugar
Salt, pepper, paprika

Soak gelatine in one-quarter cup cold water fifteen minutes. Heat bouillon or consommé with water to boiling point, stir over soaked gelatine to dissolve. Add lemon juice, salt, pepper, sugar and paprika to taste. Arrange alternate layers of asparagus, celery and egg in a rinsed mold or ring. Fill with gelatine mixture. Place on ice to congeal. Unmold on crisp lettuce. Serve with any preferred salad dressing.

TOMATOES WITH CHICKEN SALAD IN ASPIC

2 cups well-seasoned chicken or clear soup stock
¼ cup cold water
¼ cup chopped celery
1 slice onion
1½ cups chicken salad
1 tablespoon granulated gelatine
1 tablespoon lemon juice
1 bay leaf
8 perfect tomatoes

Add onion, bay leaf and celery to soup stock. Add more salt and pepper if necessary; cook fifteen minutes. Soak gelatine in cold water fifteen minutes. Add hot stock, stir until dissolved, add lemon juice. Blanch tomatoes in hot water, remove skins, chill, then scoop out centers and fill with chicken salad. Place a rinsed ring or mold in ice water, fill half full with gelatine mixture; when beginning to jell, arrange tomatoes filled side down, cover with gelatine mixture, place on ice to harden.

VEGETABLE ASPIC SALAD

½ cup cooked green peas
½ cup diced cooked beets
½ cup shredded cabbage
½ cup diced celery
½ cup diced cooked carrots
½ cup cooked string beans
Clear Aspic or Clear Beef Aspic to combine
Salad dressing

Cook and prepare vegetables; let cool, then combine with aspic which should first be allowed to jell slightly. Turn in plain or ring mold. Place on ice to harden. When ready to serve, unmold, garnish with lettuce and diced hard-boiled egg. Serve with any preferred salad dressing.

If aspic is molded in a ring, the center may be filled with chicken salad or crab meat when serving. Any combination of vegetables may be used in place of the above; and clear tomato aspic may be used to combine instead of above aspics.

BEET ASPIC SALAD

1½ tablespoons gelatine
¼ cup cold water
½ cup vinegar
⅓ cup sugar
1 cup boiling water
2 cups cooked diced beets
2 cloves
½ teaspoon salt

Cook beets until tender; drain, peel, and when cold cut in small dice.

Soak gelatine in cold water fifteen minutes. Cook hot water, sugar, vinegar, salt and cloves together ten minutes; strain into gelatine, stir until dissolved. When cold, add cold diced beets, turn in rinsed mold or square pan. Place on ice to harden.

EASY ASPARAGUS ASPIC SALAD

1 can asparagus tips
1 cup asparagus liquor
2 firm ripe tomatoes (blanched and peeled)
2 hard-boiled eggs (sliced)
2 tablespoons lemon juice
1 tablespoon granulated gelatine
½ teaspoon salt
1 teaspoon sugar
¼ teaspoon paprika
Dash white pepper

Soak gelatine in one-quarter cup cold water fifteen minutes. Heat asparagus liquor (if not sufficient, add water), pour boiling hot over soaked gelatine, stir to dissolve, add lemon juice and seasoning. Arrange half asparagus on the bottom of a rinsed mold, cover with slices of tomato and egg, and top with asparagus. Pour cold gelatine mixture over. Place on ice four to five hours to harden. Unmold, garnish with lettuce. Serve with Thousand Island dressing.

PLAIN ASPARAGUS ASPIC SALAD RING

1 can peeled asparagus tips
1 cup hot asparagus liquor
1 tablespoon granulated gelatine
1 cup mayonnaise
¼ cup cold water

Drain tips from liquor, cut in half, cover with liquor again, cook five minutes. Drain asparagus and arrange in a small rinsed mold. Soak gelatine in cold water ten minutes, pour hot asparagus liquor over to dissolve (if not one cup, add water). Let gelatine mixture cool, add mayonnaise and more seasoning if necessary, pour over tips in mold. Place on ice to harden. Serve with Thousand Island dressing.

ASPARAGUS MOUSSE

1 can asparagus tips
½ cup asparagus liquor
1 cup heavy cream (whipped)
½ cup milk
½ teaspoon salt
1 tablespoon granulated gelatine
1½ tablespoons butter
1 tablespoon flour
3 tablespoons lemon juice
½ teaspoon paprika
3 eggs
Good dash pepper

Soak gelatine in asparagus liquor fifteen minutes. Melt butter, not brown, stir in flour until blended, add milk gradually, stir until beginning to thicken, add well-beaten egg yolks, stir constantly until thick, then remove at once from fire.

Stir hot mixture into gelatine mixture until dissolved, add lemon juice and seasoning. When mixture is cold, fold in stiffly-beaten egg whites and whipped cream.

Line a rinsed mold with half the asparagus tips, cover with mixture, then repeat. Place on ice to harden.

CUCUMBER ASPIC RING

2 cups chopped cucumber
1 cup finely-chopped celery
1 cup finely-chopped green pepper
1 cup sugar
1 cup cold water
1 tablespoon lemon juice
½ teaspoon onion juice
1½ teaspoons salt
¼ teaspoon pepper
1½ teaspoons paprika
2 tablespoons gelatine
2½ cups clear Beef or Chicken soup stock

Soak gelatine in cold water fifteen minutes. Heat soup stock to boiling point, stir into gelatine until dissolved. Pare and chop cucumber, not too fine, drain and add with other ingredients to dissolved gelatine. Season highly. Turn in rinsed ring or other mold, place on ice four to five hours to harden. Serve with mayonnaise.

CUCUMBER AND PINEAPPLE RING

1 cup ground cucumber
2 lb. can sliced pineapple
½ cup pineapple juice
2 cups boiling pineapple juice
½ cup vinegar
2 tablespoons gelatine
3 tablespoons sugar
2 teaspoons salt
1 teaspoon lemon juice
¼ teaspoon paprika
Dash cayenne
Dash pepper

Soak gelatine in one-half cup cold pineapple juice fifteen minutes. Add boiling pineapple juice (if not two cups, add water to it), stir until dissolved. Add all ingredients except cucumber and pineapple. Mix well, then turn into a rinsed ring or other mold, place on ice to just begin to congeal.

In the meantime, peel cucumber, run through meat grinder, drain and measure required quantity.

Put pineapple slices in a flat platter, shred with back of a fork. Mix pineapple and cucumber, stir into partly congealed gelatine in mold, leave on ice four hours to harden. Serve with mayonnaise.

CUCUMBER AND PINEAPPLE ASPIC
(With Sweetbread Salad)

1 medium size fresh cucumber
3 lb. can sliced pineapple
Clear Aspic
Mayonnaise dressing

Drain pineapple, cut in small dice pieces. Peel cucumber with a silver knife, cut in tiny pieces. Make a Clear Aspic (page 281), using pineapple juice instead of water. As soon as aspic begins to congeal, add pineapple and cucumber dice. Mix well, turn in ring mold and place on ice to harden. When ready to serve, unmold on platter and fill center with

Sweetbread Salad

1 lb. sweet breads
¾ cup chopped celery
Salt, pepper
½ teaspoon paprika

Clean sweetbreads, parboil until tender, drain, remove tough and stringy part; cut in dice pieces. Mix with celery, add sufficient mayonnaise to moisten well, but not wet. Season well with salt and pepper. Chill thoroughly before placing in ring. Garnish platter with crisp lettuce.

TOMATO-CRAB MEAT ASPIC

¾ lb. fresh crab meat
1⅓ cups strained canned tomatoes
1 cup finely-chopped celery
1 tablespoon granulated gelatine
1 teaspoon Worcestershire
1 tablespoon catsup
3 hard-boiled eggs (riced)
¼ cup vinegar
¼ cup cold water
1 tablespoon sugar
⅛ teaspoon pepper

Soak gelatine in cold water ten minutes.

Rinse a ring mold with cold water. Place a layer of crab meat in bottom of mold, cover with celery, then with riced egg. Mix tomatoes with other ingredients, cook ten minutes, then pour at once over soaked gelatine, stirring until dissolved, then pour over contents of mold. Place on ice three to four hours to harden. Unmold on platter, garnish with lettuce, and serve with mayonnaise dressing.

PERFECTION SALAD

2 tablespoons granulated gelatine
1 can asparagus tips
3 hard-boiled eggs, quartered lengthwise
2 pimentos, cut in small dice
2 ripe tomatoes, cut in large dice
¼ teaspoon paprika
¼ cup lemon juice
½ cup cold water
2 cups boiling water
⅓ cup sugar
¾ cup cut up celery
½ cup asparagus liquor
1 teaspoon salt
Pepper and cayenne

Soak gelatine in cold water fifteen minutes, stir boiling water over to dissolve. Add lemon juice, asparagus liquor, sugar and seasoning. Strain into a rinsed mold or square pan. Place on ice to *begin* to "set," then put in asparagus tips, celery, pimentos, tomatoes and eggs. Leave on ice five to six hours to harden. Unmold on platter, garnish with lettuce hearts and pieces of hard-boiled egg (which may be kept out of salad). Serve with cooked salad dressing or mayonnaise.

IMPERIAL SALAD

2 tablespoons granulated gelatine
3 cups boiling water
½ cup lemon juice
1 cup finely-cut celery
½ cup diced pimento
⅓ cup stuffed olives (cut)
2 hard-boiled eggs, cut in dice
½ cup cold water
2 tablespoons sugar
1 tablespoon vinegar
1 teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper

Soak gelatine in cold water, pour boiling water over to dissolve. Add lemon juice, vinegar, sugar and seasoning. Set in a pan of cold water, then strain into rinsed mold. Add other ingredients, mix well, place on ice to harden. Serve with any preferred salad dressing.

JELLIED CHICKEN SALAD

2 chicken breasts
½ cup diced stuffed olives
1 cup diced celery
1 tablespoon granulated gelatine
1 tablespoon lemon juice
Chicken stock
2 cups water
2 hard-boiled eggs (diced)
Salt, pepper, cayenne
Mayonnaise

Cover breasts (which may be reserved when making chicken stew) with water; cook slowly until perfectly tender, let cool, then cut in small dice pieces. Add celery, olives, eggs, and season highly. Mix in sufficient mayonnaise to moisten. Soak gelatine in one-quarter cup cold stock, in which breasts were cooked. Pour one and one-quarter cups boiling stock over to dissolve (if not sufficient stock, add boiling water). Add lemon juice, then mix with salad. Be sure that salad is well seasoned. Turn into rinsed individual or large mold. Place on ice to harden. Serve with mayonnaise.

CHICKEN MOUSSE No. 1

2 large chicken breasts (finely-chopped)
1 cup finely-cut celery
½ cup cold milk
1½ tablespoons granulated gelatine
1 pint heavy cream
2 tablespoons lemon juice
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon paprika

Cook breasts until tender in well seasoned water (left over white chicken meat may be used). Soak gelatine in cold milk fifteen minutes, set over hot water to dissolve, then cool slightly. Whip cream stiff, add gelatine, mix well, then add chicken, celery and lemon juice. Season highly. Turn in rinsed mold, place on ice to harden. Serve with mayonnaise or cooked salad dressing.

CHICKEN MOUSSE No. 2

1 cup finely-chopped cooked white meat of chicken
¾ cup cold chicken broth
¾ cup hot milk
1 cup heavy cream, whipped
1½ tablespoons granulated gelatine
3 egg yolks
1 teaspoon minced parsley
2 teaspoons lemon juice
Salt, pepper, paprika

Soak gelatine in cold broth ten minutes. Beat egg yolks light, add hot milk gradually while beating. Cook in double boiler until thick as custard, then stir into soaked gelatine until it is dissolved. Add chicken, lemon juice and parsley. Season highly. Place bowl containing mixture in a pan of ice water; when cold, fold in whipped cream.

Place on ice to harden. Unmold on lettuce bed. Serve with mayonnaise.

PRESSED CHICKEN

3 or 4 lb. hen
½ cup cold water
1 bay leaf
1 qt. chicken stock
2 tablespoons granulated gelatine
2 hard-boiled eggs, diced
¼ teaspoon celery salt
2 teaspoons salt
1 tablespoon lemon juice
1 tablespoon finely-chopped onion
Paprika, pepper

Cover hen with cold water, let come to boil, add salt, onion, bay leaf, celery salt, pepper and paprika; cook slowly and steadily until chicken is ready to fall to pieces. Remove chicken, put aside to cool. If necessary, continue cooking stock until reduced to one quart. Soak gelatine in cold water ten minutes. Skim all fat from stock, then pour boiling hot over gelatine, stir until dissolved. Add lemon juice and more seasoning if necessary; set in cold water to cool.

Cut chicken in small dice pieces, arrange in alternate layers with egg in a rinsed mold. Pour cold gelatine mixture in mold. Place on ice five to six hours to harden. Unmold, garnish with lettuce hearts, and serve with Thousand Island dressing or mayonnaise.

CHICKEN LIVER ASPIC

4 or 5 chicken livers
1¾ cups soup stock
3 hard-boiled eggs (riced)
1 teaspoon Worcestershire
1 teaspoon minced onion
1 tablespoon finely-chopped celery
2 tablespoons granulated gelatine
2 tablespoons lemon juice
1 tablespoon minced parsley
2 tablespoons fat or butter
Salt and pepper

Soak gelatine in one-half cup cold water ten minutes. Heat fat, add onion, brown lightly, add livers, mash with back of spoon while cooking very slowly; do not allow livers to cook hard. Add riced eggs, stir only until mixed well. Remove from fire, mash until creamy. Heat soup stock to boiling point, stir into gelatine until dissolved; strain gradually into liver mixture while constantly stirring. Add balance of ingredients, seasoning well. Turn in rinsed mold, place on ice four to five hours to harden. Unmold, garnish with lettuce leaves and serve with mayonnaise. Nice for Sunday night suppers.

SALMON FISH MOLD

1¼ cups flaked canned salmon
⅓ cup rich cream
¼ cup cold water
½ tablespoon granulated gelatine
⅓ cup mayonnaise
½ teaspoon paprika
Dash cayenne

Select red salmon steak, drain, remove skin and bones, then flake with a fork, add mayonnaise.

Soak gelatine in cold water ten minutes. Scald cream, stir into soaked gelatine until dissolved; add to salmon mixture, stirring until well mixed. Add seasoning. Turn into a small fish mold, first placing a small raisin or caper in eye of fish mold. If large mold is used, double the quantity of ingredients. Unmold on a bed of lettuce, garnish with stuffed olives and strips of pimento.

Serve with Cooked Salad Dressing or mayonnaise.

SALMON ASPIC SALAD

1¼ cups canned red salmon
1 teaspoon minced green pepper
1 teaspoon minced onion
1 tablespoon granulated gelatine
1 teaspoon sugar
½ cup vinegar
¾ cup cold water
¼ teaspoon paprika
⅛ teaspoon pepper
½ teaspoon Worcestershire

Soak gelatine in cold water fifteen minutes, set over hot water to dissolve.

Drain salmon, remove skin and bone, flake with a fork, mix in other ingredients, then stir in dissolved gelatine. Mix well, turn in a rinsed mold. Unmold and serve with mayonnaise.

CRAB AND SHRIMP ASPIC

1 lb. fresh crab meat
½ lb. fresh shrimp
1 qt. Clear Beef Aspic
1 tablespoon granulated gelatine
¼ cup cold water
Mayonnaise
Lettuce
½ teaspoon Worcestershire

Prepare clear beef aspic stock, skim and reheat. Soak gelatine in cold water ten minutes, add hot stock, stir until dissolved. Peel and cut shrimp in very small pieces. Remove small bone from crab meat. Alternate layers of shrimp and crab meat in a rinsed mold. Add salt and pepper if necessary; pour warm gelatine mixture over. Place in refrigerator four to five hours to harden. Unmold on lettuce. Serve with mayonnaise.

FISH FOOD ASPIC RING

3 lbs. red snapper
¼ lb. fresh crab meat
½ lb. cooked shrimp
3 cups boiling water
2 cups canned tomatoes
1 cup finely-diced celery
2 tablespoons vinegar
2 tablespoons catsup
2 teaspoons Worcestershire
2½ tablespoons granulated gelatine

Red snapper or any coarse-grained white meat fish is best for this purpose. Clean fish, cook, whole or cut in half, tied in a clean cloth or bag, in boiling water seasoned highly with salt, pepper, paprika, onion slices, pieces of celery and carrot. When fish is done, drain, remove to platter. When cold, remove skin and bones and flake with a fork. In the meanwhile strain and boil water in which fish was cooked until reduced to one and one-half cups; add vinegar, tomatoes, catsup and Worcestershire; continue cooking twenty minutes steadily. Soak gelatine in one-half cup cold water fifteen minutes. Strain tomato mixture and stir while hot into soaked gelatine until dissolved.

Arrange alternate layers of cut shrimp, flaked fish, crab meat and

celery in a rinsed ring mold, pour warm gelatine mixture over. Place on ice five to six hours to harden. Unmold, garnish with lettuce, and place a bowl of Hollandaise sauce in center of ring.

INDIVIDUAL CHEESE ASPIC

2 pkgs. cream cheese
⅓ cup cold milk
¼ cup cold water
1¼ tablespoons granulated gelatine
1 pint heavy cream, whipped
½ teaspoon Worcestershire
¼ teaspoon paprika
⅛ teaspoon salt
Dash white pepper

Soak gelatine in cold water fifteen minutes. Mash cheese creamy, adding milk gradually. Add seasoning. Set soaked gelatine over hot water to dissolve, stir into cheese mixture until smooth and cool, then fold in whipped cream.

In the bottom of rinsed individual molds, place a fancy cut piece of pimento, canned pineapple or stuffed olive, fill molds with cheese mixture, place on ice three to four hours to harden.

Unmold on individual salad plates. Garnish with lettuce and stuffed olives. Serve with mayonnaise.

CHEESE ASPIC RING

2 pkgs. cream or Neufchatel cheese
1 cup grated yellow cheese
1 cup heavy cream (whipped)
1½ teaspoons Worcestershire
2 tablespoons granulated gelatine
½ cup cold water
1 cup scalded milk
1 teaspoon salt
½ teaspoon paprika
Dash cayenne
Dash white pepper

Soak gelatine in cold water ten minutes, stir hot milk into it until dissolved.

Mash cream cheese and yellow cheese together, strain dissolved gelatine mixture into cheese gradually, stirring until smooth and creamy. Add seasoning. Fold in whipped cream.

Turn in rinsed ring mold, place on ice four to five hours to congeal. Unmold, garnish with lettuce, ripe olives and pieces of red pimento. Serve with mayonnaise and Thousand Island dressing.

PEACH ASPIC

1 can yellow cling peaches
1 tablespoon granulated gelatine
3 tablespoons sugar
2 tablespoons lemon juice
¼ cup seeded raisins
¼ cup chopped pecans
½ cup cold water

Soak gelatine in cold water ten minutes. Cook drained peach syrup, raisins and sugar together ten minutes, add lemon juice.

Place peach halves in individual or larger rinsed mold, sprinkle with nuts. Pour gelatine mixture over and place on ice three to four hours to harden. Serve as compote with fowl or meat, or as border around cold fowl.

APRICOT ASPIC

3 lb. can apricots
2 tablespoons sugar
2 tablespoons granulated gelatine
2 tablespoons lemon juice
Cold water

Soak gelatine in one-third cup cold water fifteen minutes. Mash apricots through ricer or fine sieve, put in a quart cup, add lemon juice, then add sufficient cold water to fill cup. Heat in saucepan to boiling point (do not cook). Stir into soaked gelatine until dissolved.

Turn in rinsed individual or large mold. Place on ice four to five hours to harden. Serve with mayonnaise for salad, or with whipped cream for dessert. Peaches may be substituted for apricots.

WALDORF ASPIC SALAD

2 tablespoons granulated gelatine
2 cups diced tart apples
1 cup small diced celery
½ cup sugar
½ cup water
1½ cups boiling water
½ cup lemon juice
½ cup broken pecans

Soak gelatine in cold water fifteen minutes, stir boiling water over to dissolve. Add sugar, when slightly cool add lemon juice. Strain in rinsed mold, place on ice until beginning to stiffen, then add apple, celery and nuts, mix, replace on ice to harden. If desired, the salad may be molded in bright red, scooped out apple cases. Garnish salad platter with lettuce, slices of unpeeled red apple and red cherries. Serve with mayonnaise.

GINGER ALE SALAD

2 tablespoons granulated gelatine
⅓ cup fine cut crystallized ginger
¾ cup fine cut celery
¾ cup fine cut canned pineapple
½ cup sugar
¼ teaspoon salt
½ cup cold water
½ cup hot water
1½ cups ginger ale
¼ cup chopped pecans
½ cup lemon juice

Soak gelatine in cold water fifteen minutes, stir hot water over to dissolve. When cooled add lemon juice, ginger ale, sugar and salt. Turned in a rinsed mold, place on ice until beginning to stiffen, then mix in other ingredients. Replace on ice to harden. Unmold, garnish with lettuce, and serve with Cooked Salad Dressing or mayonnaise, to which one-third whipped cream was added.

FRUIT ASPIC SALAD No. 1

1 cup yellow canned peaches (cut in pieces)
1 cup pitted white cherries (cut in half)
1 cup diced canned pineapple
1 large grapefruit, peeled, cleaned and cut
2 tablespoons granulated gelatine
1 tablespoon lemon juice
½ cup cold water
¼ cup sugar
2 cups fruit juices

Soak gelatine in cold water fifteen minutes. Heat fruit juices, sugar and lemon juice to boiling point, stir into gelatine to dissolve. Fill a rinsed mold with prepared fruit. When gelatine mixture has cooled slightly, pour over fruit. Place in refrigerator five to six hours to harden. When ready to serve unmold on lettuce leaves and serve with Fruit Salad dressing. Salad may be molded in individual or ring mold, or in grapefruit shells or baskets.

FRUIT ASPIC SALAD No. 2

2 grapefruit, cleaned and cut in pieces
1 can apricots, cut in quarters
1 can white cherries, pitted, cut in half
2 oranges, cleaned and cut in pieces
2 tablespoons granulated gelatine
2 cups fruit juices
1 tablespoon lemon juice
1 can sliced pineapple
Maraschino cherries

Rinse a ring or other mold with cold water. Cover bottom with pineapple slices, place a maraschino cherry in center of each slice. Soak gelatine in one-half cup cold fruit juice fifteen minutes. Heat balance of fruit juice and lemon juice to boiling point, stir over gelatine until dissolved. Pour cool gelatine mixture over pineapple, place in refrigerator until just beginning to set, then add cut-up fruit. Place on ice to harden four to five hours. Unmold on a bed of lettuce. Serve with Fruit Salad dressing.

CREAM FRUIT ASPIC SALAD

2 tablespoons granulated gelatine
½ cup cold water
2 lb. can white cherries
2 lb. can yellow peaches
1 pint mayonnaise
1 pint heavy cream (whipped)
½ cup fruit juice
⅓ cup broken pecans

Soak gelatine in cold water fifteen minutes. Heat fruit juice to boiling point, stir over soaked gelatine to dissolve. When cool mix in mayonnaise until smooth. Place on ice until just beginning to set, then stir in nuts, and fruit cut in small pieces. Place on ice five minutes to settle, then fold in whipped cream. Replace on ice in rinsed mold, ring or square pan, to harden, three to four hours. Un-

mold on lettuce bed, serve with mayonnaise to which whipped cream has been added.

SALAD DESSERT

2 tablespoons granulated gelatine
⅓ cup pineapple juice
⅔ cup milk
1 cup diced fruit (canned pineapple, cherries, etc.)
1 teaspoon salt
1 cup heavy cream (whipped)
¼ cup cold water
1½ tablespoons butter
3 tablespoons sugar
2 egg yolks
⅓ teaspoon paprika
Few grains cayenne
1 tablespoon lemon juice

Soak gelatine in cold water ten minutes. Beat egg yolks light, add sugar, salt, paprika and cayenne. Melt butter, not brown, stir in egg mixture. Remove at once from fire, add gradually while stirring, milk, lemon and pineapple juice. Cook in double boiler, stirring constantly until mixture thickens, stir into soaked gelatine until dissolved.

Cool, stirring occasionally. When beginning to set, add prepared fruit, then fold in whipped cream. Pack in mold, place on ice to harden. Unmold on bed of lettuce, cut in slices. Serve with or without mayonnaise dressing.

CHAPTER XXI

PASTRY

GENERAL RULES

The excellence of pastry depends both on the making and baking of same. The oven should be hot, but not hot enough to burn the crust before the filling is done. If the oven is too cool and pastry remains too long, the pies or tarts will fall and be soggy.

All ingredients should be ice cold. Ice water is better than milk for mixing pastry.

For real flaky pastry, it is best to make it the day previous to baking. After making, put it in a bowl and be sure to cover before putting in refrigerator. The pastry will keep a week in this way. Any left over bits may be kept in this manner until ready to use again.

The shortening should not be cut too fine if flaky pastry is desired.

Never stretch pastry when putting it in pans, always roll to the required size and place loosely in pan, cutting off all excess by running the back of a knife blade around outside edge of pan.

If two crusts are to be used, the bottom one should be brushed around the edge with cold water, and the edge of the upper crust pressed tightly to the lower one.

If a baked crust is required, the crust should be pricked with the tines of a fork before baking so that it will not draw up or shrink; or the crust may be baked on an inverted pie plate, the rolled pastry being laid loosely over the outside and edges pressed firmly against the edge of the plate. Prick center with the tines of a fork before baking.

If stewed fruit is used for filling pies, let it be perfectly cold, otherwise it will soak in the crust and make it heavy.

Brush the top of covered pies with yolk of egg mixed with a little milk to make it attractive.

When taking from the oven, always place pies on a wire rack so that the air may circulate entirely around. In this way the bottom crust will always remain dry.

TO MAKE A PASTRY BAG

Cut a piece of white duck cloth, twenty-four inches wide at the top, twenty inches deep, and three inches wide at the bottom.

Fold and sew up lengthwise so as to make it cone shaped. Hem

it at top and bottom, and it will be ready to place in it the desired pastry tube.

Pastry bags may be purchased ready made in stores carrying household wares. They are convenient for pressing potatoes, whipped creams, and other purée through for garnishments.

Care must be taken to wash the bag thoroughly immediately after using. It should be dried perfectly before putting aside.

MERINGUE FOR PIES AND PUDDINGS

Egg whites for meringue should be thoroughly chilled, and beaten with an egg whip. The meringue may be spread evenly with a spatula, spread over and some of it piled high in the center, or put on lightly by spoonfuls. Sometimes the meringue is spread evenly over the top surface and part of it pressed through a pastry tube in fancy design as a garnish.

MERINGUE No. 1

2 egg whites
1 scant cup confectioner's sugar
1 tablespoon lemon juice

Put egg whites and sugar in a bowl, beat long enough for mixture to become stiff and hold its shape, then add lemon juice drop by drop while beating. Spread over dessert, cook very slowly in moderate oven.

MERINGUE No. 2

3 egg whites
8 tablespoons sugar
½ tablespoon lemon juice

Beat whites stiff, add sugar gradually, folding over and over. Add lemon juice. Spread over pie or dessert. Cook about eight to ten minutes in a slow oven.

PASTRY FOR ONE PIE

1 cup pastry flour
⅓ cup butter and other shortening
1 teaspoon sugar
¼ teaspoon salt
Ice water

Sift flour, salt, and sugar together. Mix in shortening (which should be cold) with tips of fingers until mixture looks crumbly. Add

just sufficient ice water while mixing with a spoon or knife, to make dough easily handled but not too soft. Handle as little as possible while making.

Roll out on lighly floured biscuit board. If left standing an hour or more, crust will be more flaky.

Pastry should be baked in a quick oven.

RICH PASTRY FOR THREE PIES

3 cups pastry flour
1 cup butter and shortening mixed
3 teaspoons sugar
1 teaspoon salt
Ice water

Sift flour, salt and sugar together, mix in shortening (which should be cold) with tips of fingers. Mix ice water with a spoon or knife, adding just sufficient to make dough easily handled, but not too soft. Handle as little as possible while making.

Roll out on lightly floured biscuit board. Cover pie plate as required. This pastry will be more flaky if kept several days in refrigerator. Use as required.

SWEET PIE OR COOKY DOUGH FOR PIES, TARTS AND FRUIT KUCHEN

¼ cup butter
¼ cup sugar
1 cup flour
1 egg
1 teaspoon baking powder
¼ cup milk (about)

Rub butter, sugar and flour well together. Add baking powder and salt, add well-beaten egg and just enough milk to make soft dough. Roll about one-fourth inch thick on slightly floured biscuit board for pies or tarts, or place in a small greased biscuit pan for fruit kuchen. Moisten top with egg mixed with a little milk, sprinkle with

½ cup sugar
¼ cup rolled nuts
1 teaspoon cinnamon

mixed together.

Bake in moderate oven.

When using this dough for pie crust it will be necessary to add a little more flour.

SHORT CAKE DOUGH

3 cups flour
½ teaspoon salt
¾ cup shortening
2 teaspoons baking powder
⅓ cup ice cold milk (about)

Sift flour, baking powder and salt together, mix in shortening, add just enough milk to make dough easily handled. Handle as little as possible. Bake in two sheets with soft butter spread between, lift off top crust carefully after baking and replace when cold after covering lower crust with desired filling.

HUNGARIAN PIE CRUST

1 Neuchatel or cream cheese
1 cup sifted flour
¼ cup butter
2 teaspoons sugar
2 teaspoons milk or cream
¼ teaspoon baking powder
¼ teaspoon salt

Sift flour, baking powder, salt and sugar together in a bowl. Add cheese and butter, rub between fingers of both hands until crumbly. Add milk, work together until smooth, handling as little as possible. Roll out on slightly floured biscuit board, not too thin. Cover greased pie plate or pyrex plate with pastry.

Bake after filling as desired. This makes a nice crust for cheese or apple pie.

ZWIEBACK PIE CRUST

1½ cups finely rolled zwieback
¼ cup sugar
½ cup melted butter
½ teaspoon cinnamon
Pinch salt

Heat zwieback in oven to crisp. When cold, roll fine, measure required quantity. Mix all ingredients together in bowl, then, with the hand spread on bottom and sides of a well-greased pie pan (one with removable bottom is best).

Use like other pastry crust. When using spring form instead of pie pan, double the quantity of ingredients.

MATZOS PIE CRUST

2½ matzos
2 eggs
2 tablespoons melted butter
2 tablespoons matzos meal
¼ cup sugar
½ teaspoon salt

Break matzos, soak in cold water, drain and press dry. Put in bowl, cream well, add well-beaten eggs, meal, butter, sugar and salt. Mix well, then press with the hand in a greased pyrex or earthenware pie plate. This crust cannot be rolled out, and is difficult to remove, so it is best to serve in plate in which it was baked.

Fill crust with finely-cut apples, sprinkle with sugar, cinnamon, and melted butter, or use any preferred filling.

Bake in moderate oven.

POTATO FLOUR PIE CRUST

½ cup potato flour
1 teaspoon salt
2 tablespoons ice water (about)
½ cup pastry flour
2 tablespoons shortening
1 teaspoon sugar

Sift flour, potato flour, sugar and salt in a bowl. Cut in shortening with a knife. Mix in water to dough a little stiffer than regular pastry. Handle as little as possible. Roll out for pie or tarts. Fill with any preferred filling.

PUFF PASTE

1 lb. butter
1 saltspoon salt
1 lb. pastry flour
Ice water, or ice cold milk

Chill all ingredients before using. Wash butter and pat until no water is left. Put the flour on biscuit board, make a hollow in the center, then put in it two tablespoons butter, keeping balance of butter on ice in cloth. Add salt and ice water, mixing the whole well together with finger-tips, incorporating flour gradually. Use as little water as possible to make a smooth dough. Knead on board three minutes, then place in refrigerator five minutes to chill. Return chilled dough to slightly floured board, then lengthen and widen it with a wooden rolling pin to a sheet one-half inch thick. Lay balance of chilled butter in center of sheet, fold sheet over double to enclose it, then flatten again with rolling pin two inches thick. Fold and put on ice again five minutes. Repeat process three times more, rolling and folding each time in a different direction. Let pastry rest in refrigerator near ice ten minutes, when it will be ready for use.

Will keep for several days if wrapped in a napkin and kept in a tightly-covered vessel in refrigerator. Puff paste is used for patty shells, tarts, pies, and vol-au-vents.

PATTY SHELLS

Roll puff paste one-quarter inch, cut with a patty cutter or one pound baking powder tin, first dipped in flour. Remove center from one-half the rounds with a smaller cutter. Brush large rounds with cold water around the edge. Fit rings on top of rounds, pressing together lightly. Place on flat tins covered with brown paper, not touching each other. Put pans in refrigerator until shells are

thoroughly chilled and stiff before baking. Bake about twenty-five minutes in hot oven.

The shells should rise completely and begin to brown the first fifteen minutes, then finish the baking and browning.

The small pieces cut from center of rings should be baked along with shells and put over filled cavities when serving.

Fill patty shells with creamed fish foods, chicken, vegetables, or sweetbreads and mushrooms.

VOL-AU-VENTS

Roll puff paste one-third inch thick, cut in oval shape with mold or cutter, first dipped in flour. Brush around edge of oval with cold water, then put on a rim of pastry three-quarter inch wide, press together lightly. Sometimes a second rim is put over the first one to make center deeper. Chill until stiff before baking.

Bake about forty-five minutes, keeping pan covered the first twenty minutes, and turning if necessary. Bake centers cut from rings and use to cover vol-au-vents. Fill vol-au-vents same as patty shells.

BREAD PATTY SHELLS OR CASES

Cut stale bread in one and one-half or two inch thick slices, cut off crust and cut in large rounds, squares or diamond shape. Scoop out centers, being careful not to break through bottoms, thus forming a case or basket.

Brush all over with melted butter. Brown in oven, or fry quickly in deep hot fat, draining when done. Use for patties, filling with creamed meat, fowl, fish or vegetables.

PUFF PASTE TART SHELLS

Roll puff paste in thin sheets about one-eighth inch thick on slightly floured biscuit board. Cut off pieces of dough and fit in well-greased china crab shells or gem pans, or cover inverted plain muffin rings with the pastry. Prick centers carefully with a fork before baking to prevent puffing. Bake in quick oven. When done, remove pastry carefully from shells or pans. When cold, fill with preserves or jam, creamed sweetbread and mushrooms, chicken and mushrooms, or any preferred filling, or with cooked green peas, to serve with meat course.

FRUIT TARTLETS

2 lbs. can peaches, apricots, or white cherries
½ cup sugar
Puff paste or rich pastry

Drain syrup from fruit, add sugar, cook fifteen minutes. Add pitted cherries or other fruit to syrup, continue cooking slowly until syrup is thick. Line little tart pans with pastry, prick bottoms with a fork, bake in hot oven until delicately browned.

When cold, fill with cold fruit mixture, and top with a large spoonful whipped cream.

CHOU PASTE FOR CREAM PUFFS AND ECLAIRS

1½ cups boiling water
¾ cup butter
6 eggs
½ teaspoon salt
1½ cups sifted flour

Put water, salt and butter together in a skillet or large saucepan. As soon as this boils, add all the flour, stirring constantly until mixture is smooth and leaves pan clear, which will require about five minutes. Remove from fire, let mixture cool slightly, then add eggs one at a time, beating well between each addition. When well mixed and smooth, drop dough from tip of a large spoon on shallow greased tins, not too close together. Shape round, leaving a little higher in the center.

Bake thirty to thirty-five minutes in moderate oven. When cold, split and fill with whipped cream or custard.

SWEET TARTLETS

Roll puff paste or rich pastry about one-eighth inch thick. Line greased muffin rings or patty tins with pastry, glaze with a pastry brush dipped in beaten yolk of egg to which one-half teaspoon cold water has been added.

Bake in hot oven. When cool, fill with preserves, jam, jelly, marmalade or cooked fruit.

Garnish tops with whipped cream pressed through a pastry tube.

WHIPPED CREAM TARTLETS

Whip cream stiff after sweetening and flavoring. Fill baked tartlet shells, then place half a teaspoon red jelly or a red candied cherry in center. Garnish edges with some of the whipped cream tinted with a little fruit coloring pressed through a pastry tube.

LEMON TARTLETS

⅓ cup lemon juice
1 cup sugar
3 eggs
2 tablespoons melted butter
2 teaspoons grated lemon rind

Put lemon rind and juice in small saucepan, when hot, stir in sugar, cook ten minutes until slightly syrupy.

Beat egg yolks light, add melted butter, stir in the hot syrup. Cook in double boiler, stirring until thick, then add about two-thirds of the stiffly-beaten egg whites, stir until well mixed.

Bake rich pastry light brown in muffin rings or tartlet pans, turn in lemon mixture, cover with meringue made of balance of stiffly-beaten egg whites with two tablespoons sugar added. Set in fairly hot oven until filling is set and meringue a delicate brown.

DELMONICO TARTLETS

Roll puff paste or rich pastry one-eighth inch thick. Cut out round pieces large enough to cover inverted patty or plain muffin tins. The top of a one-pound coffee tin can will answer nicely to cut rings. Cover greased inverted rings with pastry, trim off neatly, then prick well with a fork to keep from puffing. Place covered rings on ice long enough to chill, then bake in hot oven to a delicate brown, about ten to fifteen minutes. Allow tarts to cool after baking, then fill with following:

CUSTARD

1 pint scalded milk
¾ cup sugar
4 egg yolks
2 teaspoons cornstarch
1 teaspoon vanilla
Canned peaches
Whipped cream

Beat egg yolks light, add sugar gradually while beating until lemon colored. Add hot milk gradually while stirring. When well mixed, stir in double boiler five minutes until mixture begins to cook, then add cornstarch dissolved in one tablespoon milk. Continue stirring constantly until mixture is thick custard. Remove from fire, flavor with vanilla and chill.

Just before serving, fill tart shells three-quarters full with custard; place a canned half yellow peach, cut side down, on top of custard. Garnish rim of pastry with whipped cream pressed through pastry tube.

PINEAPPLE POCKETBOOKS

Roll rich pastry in one-eighth inch thick sheet. Cut in five-inch squares. Drain pineapple from can, place one small round of pineapple on each square, sprinkle with sugar and cinnamon and bits of butter. Catch corners of pastry together, pressing to keep pineapple enclosed.

Brush tops with melted butter. Bake in rather quick oven, browning nicely all over. When done sprinkle with confectioners' sugar and put a bit of red jelly in center of top. Serve cold.

APPLE TURNOVERS

1 cup flour
⅓ cup milk
1 tablespoon butter
½ teaspoon salt
½ teaspoon sugar
½ teaspoon baking powder
Apple sauce

Sift flour, sugar, salt and baking powder together, mix in butter with a knife. Mix in milk with a spoon until dough can be easily handled.

Roll out one-quarter inch thick, cut in rounds with large biscuit cutter. Put a spoonful apple sauce, cranberry sauce, or jelly in center of each round. Gather up edges to center and twist to keep filling in. Bake in hot oven or fry in deep hot fat.

Serve cold with sweet cream or any preferred sauce.

HUNGARIAN JELLY CRISPS

Roll Hungarian pie crust on slightly floured biscuit board. Cut in four-inch squares. Put a teaspoon apple or current jelly or orange marmalade in center of each square. Catch corners together in center of top and press tightly to keep together.

Bake in hot oven about fifteen minutes. When nearly done, sprinkle tops with confectioners' sugar and leave in oven a moment longer to glaze.

SHOESTRING APPLE PIE

1 cup flour
¾ cup sugar
¼ cup milk (about)
3 large, or 5 small, apples
¼ teaspoon baking powder
¼ teaspoon salt
2 tablespoons shortening
1 tablespoon butter
1 tablespoon cold water
Dash cinnamon

Sift flour, salt and baking powder together. Mix in shortening with tips of fingers. Stir in milk with a spoon.

Roll out thin. Line a pie plate with the pastry. Cut apples in straws or shoestrings. Heap pastry with apples, sprinkle with sugar and cinnamon, then with water. Cut bits of butter over top.

Cut balance of pastry in narrow strips, put across top of pie like lattice.

Bake in moderate oven, about twenty-five minutes, until done.

MARSHMALLOW APPLE PIE

Make pastry and fill with apple straws same as shoestring apple pie. Do not cover with pastry strips. Bake until pie is done, then pull to front of oven, cover top with fresh marshmallows, return to oven until marshmallows are lightly browned.

FRESH APPLE PIE

Line a pie plate or small biscuit pan with sweet pie dough, letting pastry extend part way up the sides if biscuit pan is used.

Use sound, ripe apples. Pare, core, then quarter, if large, cut in half lengthwise once more.

Make a syrup, allowing one tablespoon sugar for each large apple or two small ones unless very tart. Add just enough water to cover sugar. When syrupy, drop in apple pieces, not too many at one time. Cook slowly until tender, not broken. When done there should be little syrup left, let cool.

Lay cooked apple carefully on pastry, sprinkle with any left-over syrup. Sprinkle with cinnamon, a little sugar and bits of butter.

Beat one whole egg with one-quarter cup milk. Pour over top.

Bake in good moderate oven. Serve plain or with cream. Best served cold.

COVERED APPLE PIE

6 medium size, firm apples
½ teaspoon cinnamon
1½ cups sugar
1 cup water
1 tablespoon butter
Tiny dash nutmeg
Rich pastry for pie and cover

Peel apples, cut in quarters, then in large dice pieces. Cook sugar, water, butter and spices together until syrupy. Add apples gradually, cook slowly until glazed and tender, but not broken. Remove from syrup, and if syrup is not thick, let it cook a little longer. Mix apples and thick syrup and let cool.

Line a greased pie plate with rich pastry (not too thin); fill with apple mixture. Brush edge of pastry with cold water. Cover top with pastry crust and press closely to lower crust. Prick top with a fork, then brush with yolk of egg mixed with a little milk.

Bake in hot oven, having the greatest heat at the bottom.

BOSTON APPLE PIE OR TARTLETS

2½ cups finely-cut apples
1 cup confectioner's sugar
½ cup seeded raisins
1 lemon rind
2 tablespoons lemon juice
2 tablespoons melted butter
3 eggs

Pare and cut apples fine, measure required quantity. Beat two whole eggs and one extra yolk light, adding sugar gradually. Add to apples, then add butter, raisins, lemon rind and juice. Mix well, fill rich pie crust or pastry cases with mixture. Bake until done, about thirty to forty minutes.

Whip stiff the extra egg white and one more egg white. Add four

tablespoons granulated sugar, spread meringue on top of pie or tartlets. Return to oven to brown lightly.

FRESH PEACH PIE

Peel and cut fully ripe peaches in small pieces, if free stone peaches, cut in half.

Line pie pan with rich pastry, fill crust thickly with peaches, cover with three-quarter cup sugar (more or less according to acidity of fruit).

Sprinkle with one-quarter teaspoon cinnamon, cut butter in bits over top. Pie may be baked open or covered with top crust. Bake in fairly hot oven. If baked open, and pie is very juicy, a spoonful stale, rolled cake or bread crumbs sprinkled over top when pie is removed from oven, will absorb excess juice.

CANNED PEACH PIE

Line pie pan with rich pastry. Drain syrup from peaches, put in saucepan with one-quarter cup sugar, cook until thick.

While syrup is cooking, lay peach halves, pit side up, on crust. Sprinkle with one-quarter cup sugar, and cinnamon, cut butter in bits over top.

Bake in hot oven until almost done. Pour thick, cooked syrup over top, put back in oven to finish baking.

FRESH HUCKLEBERRY PIE

3 cups berries
2 tablespoons butter
¾ cup sugar
½ teaspoon cinnamon

Line pie plate with rich pastry. Clean, pick and wash berries thoroughly, drain well.

Fill crust with berries, sprinkle with sugar and cinnamon, cut butter in bits over top. Bake in moderately hot oven until nicely browned.

If berries draw too much juice, sprinkle stale rolled cake or cracker crumbs over top when removing from oven.

CANNED HUCKLEBERRY PIE

1 qt. canned huckleberries
1 tablespoon flour
1 tablespoon cream or milk
1 tablespoon lemon juice
½ cup sugar
2 eggs
1 tablespoon butter

Drain berries from juice. Cook juice with one-third cup sugar or less, dependent on accidity, until almost, but not quite, as thick as jelly.

Beat eggs and sugar light, add flour, butter and milk. Mix well, add berries and lemon juice, add thick berry syrup.

Line a large pie plate or small biscuit pan with rich pastry. Fill with berry filling. Bake in moderately hot oven. Serve cold.

Fresh huckleberry pie may be prepared same way but it will not require the syrup as fresh berries draw plenty of juice.

The whites of eggs may be used with sugar for meringue to cover top.

BLACKBERRY PIE

1 qt. fresh or canned blackberries
1 tablespoon flour
1 cup sugar
½ teaspoon cinnamon

Make pastry crust, prick with fork and bake light brown in hot oven. While crust is baking, cook berries, sugar, flour and cinnamon together, about fifteen minutes. Pour over partly baked crust, cover top with bits of butter, and continue baking until done.

CHERRY CUSTARD PIE

3 cups pitted fresh cherries, or
2 lb. can pitted cherries
1 teaspoon cornstarch
¼ teaspoon cinnamon
¾ cup sugar
½ cup milk
1 egg
Rich pastry for 1 pie

Line a greased pie plate with pastry (not too thin). Fill with cherries, add half the sugar and all the cinnamon. Beat egg light with balance of sugar, stir in cornstarch, stir in milk gradually, pour over cherries. Bake in good moderate oven about twenty-five minutes.

If desired, pie may be covered with lattice strips of pastry before baking.

PITTED SOUR CHERRY PIE

2 lb. can pitted sour cherries
1 pie crust
1 cup sugar

Drain cherries from syrup, cut in half. Cook syrup with sugar until beginning to thicken, add cherries, continue to cook slowly until glazed and syrup is thick. Turn into a rich pie crust. Bake in hot oven. If cherries are not very acid, less sugar will be required.

BROWN SUGAR PIE

1 cup brown sugar
2 tablespoons flour
1 cup milk
1 teaspoon butter
3 eggs

Line a greased pie plate with rich pastry, bake light brown in hot oven. Beat egg yolks light, add sugar gradually, add butter, flour

and milk. Mix well. Turn mixture in baked crust, replace in oven and bake until custard is set. Beat egg whites stiff, add four tablespoons light brown sugar, spread over pie and brown lightly in oven.

CREAM PIE

1 pint heavy sweet cream
⅔ cup sugar
3 eggs
1 teaspoon vanilla
Pinch salt
Dash nutmeg

Beat eggs light, add sugar gradually, continue beating until very light. Stir in cream, add salt and nutmeg.

Line a pie pan with rich puff paste or pastry. Fill with custard. Sprinkle a bit of sugar and cinnamon on top.

Bake in hot oven until crust is done and custard set, about twenty to twenty-five minutes. If custard cooks too long, it will be watery. Serve cold.

CREAM CHEESE PIE

3 pkgs. cream cheese
4 eggs
1 teaspoon vanilla
½ grated lemon rind
1 cup thick sweet cream
1 cup sugar
1½ tablespoons flour
Pinch salt

Mash cheese smooth, add cream gradually while stirring to make smooth mixture. Beat egg yolks and sugar very light, add cheese mixture, add salt and grated rind, stir well. Sift in flour. Add very stiffly-beaten egg whites last.

Line a greased pie plate with zwieback crust, turn in cheese mixture, bake in fairly hot oven. If rich pastry is used for crust, it must be partly baked before turning in cheese filling.

COTTAGE CHEESE PIE

1 lb. cottage cheese
1 cup sugar
⅓ cup butter
1 cup rich, sweet cream
½ cup flour
4 eggs
2 tablespoons seeded raisins
1 tablespoon grated almonds
1 teaspoon vanilla
Grated rind ½ lemon
Pinch salt

Cream butter and sugar together light, add cheese after draining and pressing through ricer. Sift in flour, add vanilla, lemon rind and salt. Stir in eggs, each one separately, add cream. Add raisins and almonds, mix well.

Bake in spring form lined with cookie dough in moderate oven three-quarters to one hour. Serve warm or cold as preferred. Do not remove from pan until cold.

CAMOUFLAGE CHEESE PIE

1 large can condensed milk
2 cups unsweetened apple sauce
1 teaspoon lemon extract
¼ teaspoon salt
¾ cup rolled or grated zwieback
4 eggs

Mash apple sauce smooth, add well-beaten egg yolks. When well mixed, add condensed milk, salt and flavoring.

Beat egg whites very stiff, add to mixture. Heat zwieback, let it cool before mashing with a rolling pin to crumbs.

Grease a spring form thoroughly, sprinke two-thirds of crumbs on bottom and sides for crust. Turn apple mixture in spring form, sprinkle balance of crumbs on top.

Bake in moderate oven. Serve on bottom of spring form.

LEMON PIE

Line a deep pie plate with rich pastry, prick bottom and sides with a fork to keep from puffing, bake in hot oven light brown.

Beat yolks of four eggs with one-half cup sugar light, add rind and juice of one and one-half lemons, and one tablespoon butter. Cook in a double boiler, stirring until mixture begins to thicken, add half the egg whites (which have been beaten stiff). Continue stirring until mixture is stiff. Turn in baked crust.

Put in oven to set, then cover top with meringue made of balance of egg whites and three tablespoons sugar.

Set back in oven long enough to brown meringue delicately.

FAVORITE LEMON PIE

1 cup sugar
1 cup cold water
¼ cup lemon juice
4 eggs
1 grated lemon rind
½ tablespoon butter

Line a pie plate with rich pastry, prick with a fork to keep from puffing. Bake light brown in hot oven.

Mix sugar, water, butter, and grated rind together. Cook thick as honey.

Beat egg yolks and whites of two eggs very light, add lemon juice; when well mixed add hot syrup while stirring. Cook in double boiler, stirring until quite thick.

Turn hot custard in partly-baked crust, cover with meringue made by beating remaining egg whites stiff and adding four tablespoons sugar. Beat smooth, add a few drops lemon juice. Spread over custard. Set in oven to brown meringue lightly.

CARAMEL PIE

1 cup sugar
1½ cups milk
1 teaspoon vanilla
4 eggs
1 tablespoon butter
3 tablespoons flour

Beat eggs and one-half cup sugar light. Mix flour smooth with a little of the milk. Add with balance of milk to egg mixture. Melt balance of sugar in fryer to light brown liquid. Add to milk and egg mixture. Cook in double boiler, stirring until thick as custard.

Just before removing from fire, add butter. Add vanilla after removing from fire. Turn mixture in partly-baked crust. Bake just long enough to let custard set.

PUMPKIN PIE

2 cups mashed pumpkin
½ cup sugar
¾ cup milk (about)
2 tablespoons melted butter
2 teaspoons whisky (if procurable)
3 eggs
¼ teaspoon cinnamon
1 teaspoon salt
½ teaspoon baking powder
⅛ teaspoon allspice
Pinch nutmeg
Pinch ginger

Secure a fresh pumpkin. Cut in pieces, peel with a silver knife. Remove seeds and stringy pulp. Add just enough water to keep from burning. Cook very slowly in a covered pot until soft, then mash through sieve if necessary. Drain dry and measure required quantity, or use canned pumpkin.

Beat eggs and sugar light, add butter, and pumpkin, salt and spices. Add whisky. Dissolve baking powder in milk, add to pumpkin mixture. Add more seasoning if necessary.

Line a deep pie plate with rich pastry, fill with pumpkin mixture. Bake in good moderate oven until done and nicely browned, about thirty minutes.

Whisky improves flavor of pie but is not absolutely necessary.

COCOANUT CUSTARD PIE

2 cups grated cocoanut
¾ cup sugar
2 cups milk
2 eggs
1 tablespoon grated orange rind
2 tablespoons orange juice
Pinch salt

Beat egg yolks light, add sugar gradually, continue beating until very light, stir in cocoanut, add milk. Flavor with orange juice and rind or vanilla. Add salt, stir in stiffly-beaten egg whites. Mix well, turn in rich pie crust. Bake in hot oven.

WHITE POTATO CUSTARD PIE

2 cups cooked, mashed white potatoes
¾ cup sugar
½ cup butter
½ cup rich cream
2 eggs
1 teaspoon salt
½ cup orange juice
Rind of ½ orange

Boil four medium size white potatoes until done, peel while hot and squeeze through ricer, measure two cups. Cream butter and sugar together light, add well-beaten eggs, add potatoes and salt, add cream and lastly orange juice and rind. Mix well.

Bake in quick oven in rich pie crust.

LEMON CUSTARD PIE

1 cup cold water
1 cup sugar
½ cup flour
1½ tablespoons butter
¼ cup lemon juice
1 grated lemon rind
3 eggs

Cover pie plate with rich pastry, bake in quick oven golden brown.

Put water and butter in saucepan, cook five minutes.

Beat egg yolks and sugar light, sift in flour, mix well. Add grated lemon rind. Stir boiling butter water gradually into egg mixture. Cook in double boiler while stirring until mixture begins to thicken, then add lemon juice and stir until thick.

Remove from fire, add one-third of the stiffly-beaten egg whites. Turn custard in baked crust.

To the remaining stiffly-beaten whites, add one-third cup sugar gradually. When well mixed, cover custard evenly with meringue and bake in oven until top is golden brown.

RICE CRUST LEMON PIE

1 cup rice
3 eggs
1 cup boiling water
2 teaspoons butter
2 tablespoons cold water
1 tablespoon butter
½ teaspoon salt
1 cup sugar
2 tablespoons cornstarch
4 tablespoons sugar
Juice 2 lemons

Cook rice in double boiler with sufficient water to cook done without being mushy. Add salt. Remove from fire, strain, add one tablespoon butter. Line a greased pyrex pie plate with rice, pressing in with the hand, let cool. Beat egg yolks light with sugar, add hot water, lemon juice, and cornstarch dissolved in a little cold water. Add butter. Cook in double boiler, stirring until thick. Turn in rice crust. Bake long enough to set, then cover with meringue made of the

stiffly-beaten egg whites and four tablespoons sugar. Put back in oven to brown meringue lightly. Serve warm with cream.

ORANGE PIE

¾ cup orange juice
⅔ cup sugar
¼ cup cold water
1 tablespoon lemon juice
3 eggs
1½ tablespoons butter
1¼ tablespoons cornstarch

Beat egg yolks and sugar very light, add butter, mix well. Dissolve cornstarch smooth in water, add to egg mixture, add orange and lemon juice.

Line a pie plate with rich pastry, turn in filling, bake in good moderate oven until filling is set and pastry light brown.

Beat egg whites stiff, add five tablespoons sugar, spread meringue over custard, return to oven and brown lightly. Serve cold.

BUTTER SCOTCH PIE

1 cup brown sugar
¼ cup flour
½ cup milk
½ cup cold water
2 eggs
3 tablespoons confectioner's sugar
1½ tablespoons butter
½ teaspoon vanilla
Pinch salt

Line pie plate with rich pastry, bake light brown in hot oven.

Cream butter and brown sugar together, cook slowly in saucepan, stirring constantly until mixture is thick as wax. Remove from fire.

Beat egg yolks light, add alternately, flour, milk, water, and salt. Stir gradually into butter mixture, cook in double boiler, stirring until thick and smooth.

Remove from fire, turn in baked crust.

Beat egg whites stiff, add confectioners' sugar, spread meringue over top. Return to oven long enough to brown top nicely. Serve cold.

JELLY CUSTARD PIE

Line a greased pie plate with rich pastry. Prick with a fork to prevent puffing. Bake light brown.

When crust is done, cover with a thin layer of jelly, then cover with following:

Custard

1 pint milk
1 teaspoon butter
1½ tablespoons cornstarch
¼ cup sugar
3 eggs
½ teaspoon vanilla
Pinch salt

Scald milk. Beat egg yolks and one white with sugar until light. Dissolve cornstarch in a little milk, add to beaten eggs, add butter. Stir hot milk in egg mixture. Cook in double boiler, stirring until thick. Remove from fire, add vanilla. Turn custard in baked crust. Cover with meringue made of two egg whites beaten stiff, with three tablespoons sugar. Place in oven a few moments to brown meringue lightly. Serve cold.

GRATED PINEAPPLE PIE

1½ cups grated pineapple
2 tablespoons melted butter
⅓ cup sugar
⅓ cup milk or cream
2 eggs
1 teaspoon cornstarch
½ teaspoon lemon juice

Beat eggs light, add sugar, beating very light and lemon colored. Add butter. Dissolve cornstarch in milk or cream, add to egg mixture. Stir in drained pineapple, add lemon juice.

Line pie plate with rich pastry. Turn in pineapple mixture. Bake in a fairly hot oven.

CHOCOLATE PIE

3 eggs
1 pint milk
3 teaspoons butter
1 teaspoon vanilla extract
2 teaspoons cornstarch
¾ cup sugar
¾ cup cocoa or chocolate

Beat egg yolks and sugar together light. Dissolve cocoa in milk, stir over fire until well mixed.

Stir hot cocoa into egg mixture. Cook in double boiler, stirring until beginning to thicken. Add butter, add cornstarch dissolved in a little milk while mixture is cooking, stir until thick.

Turn in rich pie crust that has been baked two-thirds done in hot oven.

Beat egg whites stiff, add four tablespoons sugar. Spread meringue over filling. Bake until meringue is light brown and filling is set.

RHUBARB PIE

2 pints diced rhubarb
1½ cups sugar
¼ cup cold water
1½ teaspoons cornstarch
2 eggs

Wash and strip outer covering from rhubarb, then cut in dice. Measure required quantity. Add water and sugar, cook in covered saucepan until beginning to boil, then remove cover and cook slowly until rhubarb is done. Five minutes before removing from fire, add

cornstarch dissolved in a little water. Beat eggs light, add cooked rhubarb, mix well.

Line pie plate with rich pastry, fill with rhubarb mixture, put lattice strips of pastry on top. Bake in hot oven until done and nicely browned. Serve cold.

RAISIN PIE

1¾ cups seedless raisins
2 cups boiling water
¾ cup sugar
2 teaspoons lemon juice
½ teaspoon cinnamon
1½ tablespoons flour
1½ tablespoons butter
1 tablespoon vinegar
2 tablespoons orange juice
Pinch salt

Wash raisins, add boiling water, sugar, butter and vinegar, cook slowly forty-five minutes. Dissolve flour smooth in orange juice, add to raisins, add lemon juice, salt and cinnamon. Cook five minutes longer. Remove from fire, turn in a rich pie crust, cover with top crust. Brush top with egg yolk mixed with a little milk.

Bake in hot oven, browning nicely top and bottom. Serve cold.

SWEET POTATO CUSTARD PIE

2½ cups mashed cooked sweet potatoes
¾ cup sugar
1 cup milk
2 tablespoons butter
2 eggs
¼ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon salt

Boil potatoes in jackets (yellow yams are best). When done, peel, press through ricer or fine sieve, measure required quantity.

Scald milk, remove from fire, add butter, and let melt.

Beat eggs light, add sugar gradually, beating until very light. Stir in potatoes and milk, add salt, cinnamon and nutmeg. Mix well. Bake in rich pie crust. This quantity will make one large pie.

MOLASSES PIE

Line a small, greased pie plate with rich pastry, bake very light brown. Cook one and one-half cups molasses and one tablespoon butter ten minutes, being careful not to burn. Remove and put aside. Beat three eggs with one and one-half tablespoons sugar light, add two teaspoons flour dissolved in three tablespoons cream.

Add syrup. Flavor with grated nutmeg. Turn in partly baked crust. Bake in hot oven until custard is set and crust nicely browned. Serve cold.

UNCOOKED MINCEMEAT FOR PIES

5 lbs. apples
1 lb. suet
1 lb. currants
1 lb. seeded raisins
½ lb. citron
3½ lbs. medium brown sugar
1 cup whisky
2 teaspoons cinnamon
2 teaspoons allspice
1 teaspoon cloves
1 teaspoon mace
1 teaspoon salt
2 tablespoons lemon juice
2 tablespoons orange juice
1 cup sherry wine
Yellow rind of 2 lemons

Peel and core apples, chop fine. Shred suet, remove stringy part, dredge very lightly with flour then chop very fine. Chop raisins and lemon rind fine. Cut citron in very thin strips. Mix all ingredients except wine and whisky together thoroughly, then stir in liquor until well incorporated. Keep in jars or stone crock in refrigerator until ready to use for pies. Will keep fresh two to three months.

MINCEMEAT FOR PIES

2 lbs. lean beef
½ lb. shredded chopped suet
2 lbs. seeded raisins (chopped)
2 lbs. currants
½ lb. finely cut citron
¼ cup lemon juice
1 cup wine
1 cup whisky
8 cups chopped apple
5 cups brown sugar
2 teaspoons cinnamon
1 teaspoon cloves
2 teaspoons allspice
1 teaspoon mace
1 teaspoon salt
1 lemon rind, finely chopped

Boil beef until tender in slightly salted water, then chop fine. Add all other ingredients except whisky. Cook slowly, about ten minutes, stirring often to keep from burning. Let cool, then mix in wine and whisky thoroughly. Put in stone crock, allowing to ripen twenty-four hours before using. If kept airtight mincemeat will remain fresh a long time. Sufficient filling for four to five pies.

MINCE PIE

Line pie plate with rich pastry, fill with mincemeat mixture, cover with pastry top, prick with a fork, brush with beaten egg yolk mixed with a bit of milk. Bake in fairly hot oven. Serve warm.

PEACH SHORT CAKE

2 cups flour
¾ cup milk
⅓ cup shortening
4 teaspoons baking powder
1 teaspoon salt
3 lb. can yellow peaches
½ pint heavy cream (whipped)
1 tablespoon sugar

Sift flour, baking powder, sugar and salt together. Mix in shortening with a fork or finger-tips until crumbly. Mix in milk. Handle as little as possible.

Roll out evenly on a slightly floured biscuit board in two sheets. Put one sheet in greased biscuit pan, brush top with melted butter, then put other sheet on top.

Bake in hot oven about twenty minutes. Separate layers carefully while warm so that they will not break.

Put one layer on flat platter, when cold, cover with peaches which have been thoroughly drained from syrup. Pour over peaches the following.

Syrup

Cook peach syrup with one tablespoon butter, two tablespoons sugar, and one teaspoon lemon juice, six minutes, add one and one-half tablespoons flour dissolved smooth in a little water. Stir until thick. When cold, pour over peaches, put on top layer, cover with whipped cream to which two tablespoons confectioners' sugar has been added.

STRAWBERRY SHORTCAKE No. 1

1 qt. sifted flour
1 cup milk
⅓ cup butter
1 egg
2 teaspoons baking powder
2 tablespoons sugar
1 teaspoon salt

Sift flour, sugar, salt and baking powder together, mix in shortening with tips of fingers until crumbly. Mix milk and egg together, add lightly to flour with a spoon. Handle dough as little as possible. Divide dough in two equal parts. Roll each piece on slightly floured board, about two-thirds inch thick. Spread one piece in bottom of a greased biscuit pan, brush with melted butter, then put other piece on top. Bake in a quick oven about twenty minutes. While still warm, lift off top layer. When cold, cover bottom with strawberries that have been slightly crushed and sugared. Put on top crust, cover with whipped cream. Garnish with a few large strawberries. Serve with sweet cream.

STRAWBERRY SHORTCAKE No. 2

Make and bake shortcake pastry same as for peach shortcake. When cold, cover bottom layer with strawberries which have been washed and sugared and put aside an hour, using any juice that has accumulated. Cover with top layer, then cover whole with sweetened whipped cream. Garnish with a few choice berries. Serve with sweet cream.

APPLE-SAUCE SHORTCAKE

Make and bake shortcake pastry, same as for peach shortcake. When done, separate layers. Cover bottom layer when cold, thickly with apple sauce that has been sweetened with sugar, add a little cinnamon. Cover with top layer. Sprinkle thickly with confectioners' sugar. Serve cold with sweet cream.

DUTCH APPLE CHARLOTTE

Pastry

½ cup butter
¾ cup sugar
¼ cup milk
3 cups flour
2 eggs
½ teaspoon baking powder
Pinch salt

Cream butter and sugar light, add eggs, stirring between each one. Sift salt, baking powder and flour together, add alternately with milk. Mix well, roll out one-quarter inch thick. Line a greased spring form with removable bottom with pastry. Fill with following

Filling

4 or 5 cups finely-cut apples
1 cup sugar
1 cup seeded raisins
¼ cup finely-cut citron
3 tablespoons butter
1 cup cold water
1 teaspoon cinnamon

Cook raisins, citron and water together slowly, about thirty minutes. Remove from fire, add to cut-up apples. Add sugar and cinnamon, mix well. Put half of mixture on top of pastry in spring form, then add half the butter cut in bits.

Roll out reserved piece of pastry, put a thin layer on top of filling. Put in balance of filling and butter. Cover whole with thicker pastry cover, being careful to fasten well around sides. Bake in moderate oven, about one hour. Serve on bottom of spring form.

INDIVIDUAL APPLE DUMPLINGS

Use as many small firm apples as individuals to be served. Peel and core, put in baking pan, fill cores with sugar, add as little water as possible, usually one tablespoon for each apple. Bake in moderate oven, basting occasionally until tender but not broken. Or apples may be cooked until done on top of stove. Put aside to cool.

Make a rich pastry as for pie crust. Cut one large square for each apple. Place an apple in center of each square, then catch the four

corners and bring together at top. Pinch the loose places in pastry together so that it will entirely cover apple.

Place dumplings in a large baking pan so that they will not touch. Bake in hot oven until done and nicely browned, about twenty-five minutes.

Serve with a spoonful of Hard Sauce on top of each dumpling. Place a bit of red jelly in center of hard sauce.

PEACH OR CHERRY ROLL

Roll puff paste in a sheet about three-quarter inch thick. Spread thickly with ripe peaches cut in pieces. Sprinkle liberally with sugar, also with a little cinnamon, add bits of butter. Roll up, put in a baking pan. Sprinkle top with sugar and bits of butter, pour one-half cup fruit juice or water over. Bake in a rather quick oven, basting occasionally, until nicely browned.

Serve hot with Hard Sauce.

Cherries may be substituted for peaches, cut cherries in half after removing pits.

APPLE ROLL

3 cups flour
⅔ cups ice water (about)
½ cup shortening
1 cup sugar
1 teaspoon salt
2 teaspoons sugar
1 teaspoon cinnamon
5 or 6 medium size apples
Butter

Sift flour, salt and two teaspoons sugar together, add shortening. Mix in with finger-tips until crumbly. Work in ice water until just soft enough to make smooth dough. Roll in sheet about one-quarter inch thick. Pare and core apples, cut in thin slices, lay in center of pastry sheet, sprinkle with the cup sugar and cinnamon. Drop butter in bits on top.

Begin rolling pastry up from back. When apples are covered, roll front and fold over carefully so that apples will not fall out in cooking. Press ends together carefully.

Have a greased biscuit pan ready, hold at edge of board, roll pastry into pan carefully.

Bake in moderate oven. When roll is about half done and lightly browned, beat yolk of one egg, add one cup hot water and two tablespoons butter, pour over roll and finish baking. Baste occasionally with spoon.

CHAPTER XXII

MISCELLANEOUS DESSERTS

In this chapter are included the various desserts that are not classified under the headings of Frozen Desserts, Pastry and Pies, Fritters, Pancakes, and so forth, all of which are served as desserts.

A dessert may be as simple or as elaborate as one desires, but a rich dessert should never be served after a very rich, heavy meal.

Desserts should always be served attractively in fancy dishes or platters, and when practical, a doily should be placed underneath.

Candied or maraschino cherries, nuts and jelly, or whipped cream pressed through a pastry tube, may be used as garnishments.

Hot desserts should be served *hot*, and the cold ones thoroughly chilled. When desserts are molded, the mold should first be dipped in cold water.

To hasten the chilling of gelatine desserts, the mold may be placed in a pan of rock salt and ice, or in ice water to which a little salt has been added.

To unmold, immerse mold to the top of the dessert in warm, not hot, water, then slightly loosen contents at the edge with a knife, turning the mold meanwhile from side to side, then place serving dish on top of mold, and invert, and carefully remove mold. Care must be taken to place dessert exactly in the center of dish as it cannot easily be moved afterwards. If a doily is to be used, place it in exact center before unmolding the dessert.

PEEK-A-BOO PRUNES

1 lb. prunes
2 tablespoons honey
1 tablespoon prune water
1 tablespoon lemon juice
1 cup pecan meats (coarsely rolled)
2 whites of eggs
3 tablespoons sugar

Wash prunes thoroughly, cover with cold water, soak over night. Drain, remove pits and cut or chop in tiny pieces. Put half the prunes in bottom of pyrex plate or pudding dish, sprinkle half the nuts over, then make another layer of prunes and nuts.

Sprinkle over this the honey, lemon juice, and one tablespoon water in which prunes were soaked.

Beat egg whites very stiff, add sugar, also one tablespoon lemon juice. Spread meringue over top, sprinkle with a handful rolled nuts.

Put in moderately hot oven about ten minutes to heat through and brown meringue nicely. Serve cold with cream.

ARGOYLE PEACHES

1 can yellow peaches
18 red maraschino cherries
1 cup heavy cream
⅛ cup confectioner's sugar

Drain peaches. Arrange halves in dessert dish, cavity side up. Fill cavities with sweetened whipped cream. Sprinkle chopped cherries over all. Serve chilled.

BANANA EN SURPRISE

Allow one banana for each individual to be served, wipe with a clean cloth. Peel off one section of skin lengthwise all the way down. Scrape out carefully all the inside of bananas being careful not to break shells. Mash bananas with chopped pecan meats, and a little whipped cream. Fill shells with mixture. Serve filled bananas on individual dessert plates. Garnish with a circle of whipped cream and candied cherries. Serve chilled.

APPLE FLOAT

4 medium size apples
1 egg white
½ cup cold water
¼ cup sugar

Peel and core apples, add cold water, cook until soft, stir in sugar, continue cooking a few moments longer, stirring well with an egg whip. Put aside to chill.

When ice cold, add a little cinnamon and stiffly-beaten egg white. Whip with egg whip until light and fluffy. Serve at once with a spoonful whipped cream on top.

APPLE WHIP

2 large, tart apples
¾ cup sugar
½ teaspoon lemon juice
2 egg whites
Pinch salt

Grate apples. Whip egg whites to stiff, dry froth after adding salt. Add alternately sugar and apple to whites, a tablespoon at a time, starting with sugar. Use egg whip constantly until mixture is light and fluffy. Flavor with lemon juice, pile lightly in thin glasses or fancy dish. Top with a bit of whipped cream and a maraschino cherry. Prepare just before serving as apples turn dark if left any length of time.

APPLE SNOW

Allow one medium size, sound apple for each individual. Allow one cup heavy cream (whipped) for each six apples used.

Peel apples, grate not more than thirty minutes before serving or they will turn dark.

Whip in, with a wire whip, one or more tablespoons sugar, dependent on tartness of apples. Fold in whipped cream. Serve chilled at once in thin glasses topped with a bit of whipped cream and a maraschino cherry. If apples are not tart, a little lemon juice will improve flavor.

PRUNE WHIP

½ lb. prunes
½ cup sugar
3 egg whites
½ teaspoon lemon juice
Cinnamon, if desired

Wash prunes thoroughly. Soak overnight in cold water to cover. Next morning, cook in same water in which they were soaked, until soft. Drain, remove pits and mash through ricer. Whip in sugar and lemon juice, let stand in refrigerator to chill. Fold in stiffly-beaten egg whites.

Serve in individual glasses topped with a spoonful whipped cream.

MARSHMALLOW WHIP

½ cup milk
½ cup water
5 tablespoons sugar
2 tablespoons granulated gelatine
1 tablespoon chopped candied or canned pineapple
1 teaspoon vanilla
5 egg whites
¼ cup broken pecan meats
1 tablespoon candied chopped cherries
1 pint heavy cream (whipped)

Soak gelatine in water and milk ten minutes, set over hot water to dissolve. Whip egg whites very stiff after adding a pinch salt. Fold in sugar.

Whip dissolved gelatine into the stiffly-beaten egg whites, beating until mixture begins to jell, then add nuts and cut-up fruits, vanilla, and half the whipped cream. Turn in rinsed mold, place on ice four hours to harden. Serve with border of whipped cream, garnished with chopped nuts.

SHERRY WHIP

1 cup heavy cream
⅓ cup sherry wine
2 tablespoons rolled pecan meats
2 tablespoons confectioner's sugar
Tiny pinch salt

Whip cream very stiff, sift in sugar gradually, add salt. Fold in sherry. Serve ice cold in thin glasses. Sprinkle nuts on top.

BAKED CUSTARD

4 cups milk
4 tablespoons sugar
1 teaspoon vanilla, or ½ teaspoon lemon extract
4 eggs
Pinch salt

Beat eggs slightly, add sugar gradually, continue beating until light, add milk gradually, add salt and flavoring.

Bake in pudding dish or pan set in another pan of hot water in hot oven, until firm, about twenty minutes. Serve chilled.

Test by sticking a knife in center of custard; if it comes out clean, custard is done. If baked too long, custard will be watery.

CUP CUSTARDS

5 eggs
½ cup sugar
1 qt. rich milk
⅛ teaspoon salt
½ teaspoon vanilla, or ½ teaspoon lemon extract
Grated nutmeg

Beat eggs slightly, add sugar, continue beating until light, add salt and flavoring. Mix well, pour in buttered individual cups. Set cups in hot water, bake in hot oven until firm, fifteen to twenty minutes. Serve chilled.

CARAMEL CUSTARD

3 cups milk
⅓ cup sugar
½ teaspoon lemon extract
3 eggs
2 tablespoons sugar
1 tablespoon hot water
Tiny pinch salt

Scald milk. Put the one-third cup sugar in a skillet, let melt to brown liquid, add hot water gradually, stir until there are no lumps, then pour into hot milk.

Beat eggs slightly, add milk mixture gradually while stirring, add balance of sugar, salt and extract. Strain into buttered custard cups or pudding dish. Bake in hot oven in a pan of hot water, about twenty minutes, until "set," then chill. A little grated nutmeg may be added if desired.

FRUIT CUSTARD

1 qt. milk
½ cup sugar
1 cup fruit (cut up), strawberries raspberries, or peaches
4 eggs
1 tablespoon cornstarch

Dissolve cornstarch in a little of the milk. Scald balance of milk. Beat eggs very light with sugar, add hot milk gradually, stirring con-

stantly. Cook in double boiler, stir in dissolved cornstarch until thick. Set aside to chill, then stir in fruit.

Whipped cream may be used to garnish custard.

PEACH CUSTARD

2 lb. can yellow peaches
⅓ cup sugar
2 teaspoons lemon juice
3 eggs
½ cup sweet crëam
½ cup rich milk
¼ cup coarsely-rolled pecan meats
Pinch salt

Drain syrup from peaches, then press through ricer or coarse sieve, add lemon juice. Beat egg yolks very light with sugar, add salt. Add cream and milk gradually. Stir mixture into mashed peaches. Bake in moderate oven in baking dish or individual custard cups set in hot water, until set, about twenty to twenty-five minutes. Cover custard with meringue made of three egg whites, add five tablespoons sugar, add few drops lemon juice. Sprinkle nuts over top. Set in oven to brown meringue delicately. Serve cold.

APPLE GELATINE

1¾ cups cold apple sauce
½ cup sugar
¼ cup cold water
¼ cup hot water
1½ tablespoons granulated gelatine
½ grated lemon rind
1 teaspoon lemon juice
2 egg whites

If sauce is already sweetened, use just sufficient sugar to sweeten to taste. Soak gelatine in cold water, stir in hot water to dissolve. Add dissolved gelatine to apple sauce, if necessary add sugar. Add lemon rind and juice. Beat egg whites stiff, add to apple mixture. Whip with egg whip until well mixed. Place on ice in rinsed mold to harden, three to four hours.

Serve with Custard Sauce (page 367).

SNOW CREAM

Beat whites of four eggs foamy, add gradually one-half cup sifted confectioners' sugar, continue beating until stiff and firm. Add one teaspoon vanilla and one tablespoon sherry wine. Whip one pint cream stiff, stir carefully into beaten whites.

Serve very cold in thin sherbet glasses. Place a maraschino cherry in center. This quantity will fill eight glasses.

GRAPE-JUICE CREAM

⅔ pint grape juice
⅓ pint cold water
1 pkg. lemon jello
1 pint heavy cream, whipped

Heat grape juice and water together to boiling point. Remove from fire, pour at once over jello. Mix well, set in cold water.

When cold, whip with egg whip until very light color, then place on ice.

When beginning to congeal, fold in half the whipped cream. Turn in rinsed mold, place on ice to harden. When ready to serve, turn on flat dish. Garnish with border of balance whipped cream and candied cherries.

MACAROON CREAM

1 pint heavy cream
¼ cup sifted confectioner's sugar
15 stale macaroons
¼ teaspoon vanilla

If macaroons are not stale, place in a moderate oven long enough to dry. Cool, then roll with rolling pin to coarse crumbs.

Whip cream stiff, add sugar gradually. Flavor with vanilla, add macaroon crumbs, reserving enough to sprinkle lightly on top of glasses.

Serve in parfait glasses. Garnish top with macaroon crumbs and a maraschino or candied cherry.

PEACH MERINGUE

1 can yellow peaches, or
1 qt. fresh peaches
2 egg whites
¼ cup chopped nuts
3 tablespoons sugar

If fresh peaches are used, peel and cut in half. Cook one-half cup sugar and three-quarters cup water together, when beginning to be syrupy, add peaches, shake occasionally, cook until tender. Place drained canned or cooked peaches in baking dish, fill cavities with chopped nuts.

Whip egg whites stiff, add sugar gradually until smooth.

Spread meringue over peaches, brown slowly in oven, fifteen to twenty minutes. Serve cold.

PEACH SPONGE MERINGUE

Cook one and one-half cups water and one cup sugar until beginning to be syrupy. Add halves of ripe, clear stone peaches, cook until soft (but not broken). Remove from syrup, continue cooking syrup until thick but not jellied.

Line a baking dish with lady-finger halves, arrange cooked peaches on cake, cover with another layer of lady fingers.

Beat two egg yolks light, add cooked peach syrup gradually, pour over cake and peaches. Brown in moderate oven. Pull to front of

oven, cover with meringue made of two egg whites and three tablespoons sugar spread over top, brown lightly in oven.

Serve chilled with or without cream.

APPLE OR PEAR MERINGUE

¾ cup sugar
1 cup water
½ glass red jelly
2 egg whites
2 slices lemon
6 medium size apples, or pears
½ cup sugar

Boil water, lemon and sugar slightly syrupy, add fruit, peeled and cored. Turn frequently in syrup and cook slowly until tender, but not broken.

Remove fruit from syrup, place in baking dish, fill cores with red jelly. If syrup is not thick, cook a little longer, then pour over fruit. Set aside to cool.

Beat whites of eggs stiff, add sugar gradually.

Spread meringue over fruit, brown delicately in oven. Serve cold with or without cream.

If pears are used, add an extra half cup water to syrup when cooking as pears require longer cooking.

JELLY MERINGUE

2 egg whites
1 teaspoon lemon juice
2 teaspoons confectioner's sugar
¾ glass clear fruit jelly
Maraschino cherries
Whipped cream

Beat egg whites stiff, add sugar, continue beating until very stiff, beat in jelly gradually. Add lemon juice. Heap in small sherbet glasses, chill. Serve with a spoonful whipped cream on top, garnish with half a maraschino cherry in center.

MARSHMALLOW CUSTARD

4 eggs
1 teaspoon vanilla
¼ teaspoon lemon extract
2 teaspoons cornstarch
1 tablespoon granulated gelatine
¼ cup cold water
3 cups scalded milk
⅔ cup sugar
Pinch salt

Soak gelatine in cold water ten minutes, set over hot water to dissolve. Set aside to cool. Whip very stiff the egg whites, add half the sugar gradually. Whip until well mixed. Add dissolved gelatine, flavor with lemon extract.

Put egg mixture in individual timbale molds or small cups, place on ice for marshmallow to set.

Beat egg yolks and balance of sugar very light, add hot milk, stirring briskly. Cook in double boiler, stirring constantly until mixture begins to thicken, then add cornstarch dissolved in a little milk, continue stirring until thick as custard. Flavor with vanilla, chill in refrigerator. When ready to serve, turn custard in a bowl and turn marshmallows from molds on top of custard.

ORANGE JELLY

2 tablespoons granulated gelatine (1 pkg.)
1¼ cups orange juice
⅓ cup lemon juice
½ cup cold water
1¾ cups boiling water
1 cup sugar

Soak gelatine in cold water, pour boiling water over, stir until dissolved, add sugar, orange and lemon juice. Place a red or green maraschino cherry in the bottom of rinsed timbale molds or large mold, pour in mixture. Place on ice four to five hours to harden. Serve with or without whipped cream.

MOLDED ORANGE JELLY

2 tablespoons granulated gelatine
2 tablespoons lemon juice
1 cup orange juice
16 peeled orange sections
½ cup cold water
2 cups boiling water
1 cup sugar

Soak gelatine in cold water ten minutes, pour boiling water over, stir until dissolved. When cool, add sugar, orange and lemon juice.

Line bottom of rinsed mold with orange sections. Strain gelatine mixture over. Let stand on ice four to five hours or overnight to congeal. Serve with whipped cream.

LEMON JELLY

2 tablespoons gelatine
½ cup lemon juice
2 cups boiling water
1 cup cold water
1 cup sugar

Soak gelatine in cold water ten minutes, add boiling water, stir until dissolved. Add sugar, let cool. Add lemon juice. Strain through fine sieve. Turn in rinsed mold. Place on ice to harden. If sugar is omitted, this jelly is nice to serve diced, with cold meats or fowls.

WINE JELLY

2 tablespoons granulated gelatine (1 pkg.)
½ cup cold water
1¾ cups boiling water
1 cup sherry wine
¾ cup sugar
Juice 1½ lemons

Soak gelatine in cold water ten minutes, pour boiling water over, stir until dissolved. Add sugar, lemon juice and wine. Mix well. Turn into rinsed molds. When cool, place on ice from five to six hours or overnight to congeal. Nice for invalids.

PINEAPPLE FRUIT JELLY

1 tablespoon granulated gelatine
¼ cup cold water
½ cup orange juice
½ cup sugar
½ cup maraschino cherries
¼ cup lemon juice
1 cup canned pineapple pulp
18 peeled orange sections

Soak gelatine in cold water fifteen minutes until water is absorbed, add sugar. Set saucepan over hot water, stir until both sugar and gelatine have melted. Shred pineapple with a fork, add to orange and lemon juice. Add melted gelatine and sugar. Mix thoroughly. Pour a layer of jelly into a rinsed mold, set in a pan of cracked ice or ice water. When jelly *begins* to harden, arrange sections of orange and halves of maraschino cherries in fancy design on top of jelly. Dip pieces of the fruit in gelatine mixture and arrange around sides of mold.

When gelatine in mold hardens, add remainder of gelatine and let all harden. Three layers of jelly and fruit may be made if desired, but each layer must harden before the next is added.

Serve with border of whipped cream garnished with maraschino cherries.

BISQUIT FRUIT JELLY

1 qt. lemon jelly
8 stale macaroons
⅛ lb. crystallized cherries
⅛ lb. crystallized pineapple
12 marshmallows

Make Lemon Jelly (page 327), or use lemon jello. Roll macaroons to crumbs, melt marshmallows over hot water on back of stove. Chop fruit in very small pieces. Turn jelly in mold, mix in macaroon crumbs. Pour melted marshmallows on top. Place in refrigerator until jelly just begins to set, then add fruit gradually so that it will be in all parts of jelly. Place on ice to harden. Turn in flat dish. Serve with border of whipped cream.

JELLIED PRUNES

1 lb. prunes
1 tablespoon gelatine
2 tablespoons lemon juice
1 cup sugar
3 cups cold water

Wash prunes, soak in cold water over night. Cook in same water in which they were soaked, three-quarters hour, then add one-half

the sugar and continue cooking slowly until prunes are tender, not broken.

Remove from fire, drain and cool. Make an incision in each prune with a sharp knife, remove pits.

Soak gelatine in one-half cup cold water ten minutes. Measure liquid in which prunes were cooked; if necessary, add water to make two cups. Heat to boiling point, stir into soaked gelatine to dissolve. Add balance of sugar and lemon juice.

Mix gelatine mixture with prunes. Turn in wet mold. Set on ice to harden, about four hours.

Serve with whipped cream if desired.

SHERRY DELIGHT

10 macaroons
3 tablespoons sugar
1½ tablespoons granulated gelatine
1 tablespoon candied pineapple
1 cup sherry wine
1½ cups water
¼ cup candied cherries
¼ cup broken pecan meats

Put one macaroon cut in quarters in each of ten tall, thin glasses. Divide nut meats and cut up fruits over macaroons. Stir sugar in water, add gelatine, add sherry wine, cook slowly ten minutes.

Pour while hot in glasses over macaroons and fruit. Fill glasses only three-quarters full. Place in refrigerator three hours to jell. Mixture will not be very stiff.

When ready to serve, fill glasses with whipped cream, put a cherry in center of each glass.

CALIFORNIA DAINTY

2 lb. can white cherries
1 pkg. lemon jello
½ lemon (juice)
½ cup broken nut meats
½ cup finely-cut celery

Drain cherries. To cherry syrup add enough cold water to make one pint. Heat and pour over jello while stirring to dissolve. Add lemon juice. Strain and put aside until mixture begins to thicken; add nut meats, celery and cherries cut up. Put in fancy mold, place on ice to harden. Serve with whipped cream.

To use as salad, serve on lettuce leaves with mayonnaise mixed with a little whipped cream.

BLANC MANGE WITH CUSTARD SAUCE

3 tablespoons cornstarch
1½ tablespoons cold water
½ teaspoon lemon juice
2 cups scalded milk
½ cup sugar
2 egg whites
Pinch salt

Dissolve cornstarch in cold water. Dissolve sugar in hot milk. Pour over dissolved cornstarch, mix well. Add salt, cook while stirring constantly until mixture begins to thicken. Add stiffly-beaten egg whites, stir two minutes longer. Remove from fire, add lemon juice. Turn in rinsed mold, place on ice to set. Serve with cold Custard Sauce (page 367).

ORANGE BLANC MANGE

2 cups strained orange juice
¾ cup sugar
¾ cup sweet or heavy cream
2 egg whites
2 tablespoons cold water
3 tablespoons cornstarch

Stir sugar in orange juice, heat to boiling point, but do not boil. Dissolve cornstarch in cold water, stir gradually into heated juice, cook in double boiler while stirring until thick and transparent. Beat whites very stiff, fold in custard until well mixed. Turn into a one-quart rinsed mold, place on ice two to three hours. Serve with sweet or whipped cream.

FARINA BLANC MANGE

1 qt. milk
½ cup farina
1 teaspoon salt
1 tablespoon butter
1 tablespoon sugar

Scald milk in double boiler, add farina gradually, stirring until mixture begins to thicken. Add salt, sugar and butter, stir until thick. Turn in rinsed mold, place in refrigerator at least two hours to set. When ready to serve, unmold. Serve with raspberry or jelly sauce.

DATE MAPLE BLANC MANGE

1 qt. milk
4½ level tablespoons cornstarch
18 dates (cut fine)
¾ cup maple syrup
Pinch salt

Dissolve cornstarch in one-half cup milk. Scald balance of milk in double boiler. Stir hot milk gradually in dissolved cornstarch, mix smooth, add maple syrup, stir while cooking in double boiler slowly until beginning to thicken. Add dates and stir until thick.

Turn in rinsed mold, cool, then place in refrigerator to set. Serve with sweet cream, or with border of whipped cream.

BAVARIAN CREAM

1 rounding tablespoon granulated gelatine
1 cup sugar
¼ cup cold water
3 eggs
1 pint rich milk
1 pint heavy cream (whipped)
1 teaspoon vanilla

Soak gelatine in cold water fifteen minutes. Scald milk, stir into gelatine until thoroughly dissolved. Beat eggs and sugar very light, add milk with gelatine. Cook in double boiler, stirring until mixture begins to thicken. Remove from fire, place in a pan of ice water, stir until mixture begins to get thick, then add vanilla and whipped cream. Turn in rinsed pudding mold, place on ice to harden. Serve with fruit sauce.

CHOCOLATE BAVARIAN CREAM

1½ tablespoons granulated gelatine
2 squares bitter chocolate
¾ cup sugar
⅓ cup cold water
1 pint heavy cream (whipped)
1 pint rich milk
1 teaspoon vanilla
•Pinch salt

Soak gelatine in cold water fifteen minutes. Scrape chocolate, add to sugar and milk. Cook mixture in double boiler, stirring until chocolate is melted. Pour hot mixture over soaked gelatine, stir until dissolved.

Set saucepan in a pan of ice water, add vanilla, stir until beginning to thicken, add whipped cream. Turn in rinsed mold. Set on ice to harden. Serve with custard sauce or sweet cream.

INDIVIDUAL CHARLOTTE RUSSE

Line individual sherbet glasses with halves of lady fingers, leaving a space between them. Fill glasses, heaping them in center, with sweetened and flavored whipped cream. Garnish with red and green maraschino cherries.

CHARLOTTE RUSSE

1 tablespoon granulated gelatine
3 tablespoons sugar
3 eggs
1 pint heavy cream
1 doz. lady fingers
3 tablespoons cold water
Vanilla or sherry wine

Soak gelatine in cold water ten minutes, set over hot water to dissolve. Stir egg yolks and sugar together very light and spongy, add dissolved gelatine. Add egg whites beaten very stiff, add whipped cream, flavor with vanilla or sherry wine.

Line a glass bowl with halves of lady fingers, turn in charlotte russe, sprinkle top lightly with crumbs of stale lady fingers. Set on ice two to three hours to harden.

MACAROON CHARLOTTE RUSSE

Make same as charlotte russe, add one-half cup rolled macaroon crumbs before adding whipped cream. Do not line dish with lady fingers.

MAPLE CHARLOTTE RUSSE

1½ tablespoon granulated gelatine
¼ cup cold water
½ cup hot maple syrup
¼ cup rolled stale macaroon crumbs
3 eggs
1½ cups heavy cream (whipped)
Pinch salt

Soak gelatine in cold water ten minutes, pour hot syrup over, stir until dissolved.

Beat egg yolks light, add syrup mixture gradually while stirring. Add salt. Fold in stiffly-beaten egg whites, then fold in stiffly-whipped cream. Turn in a glass or other serving bowl. Sprinkle macaroon crumbs over top. Place on ice to harden.

CHERRY RUSSE

1 pkg. cherry jello
1 cup maraschino cherries
1 pint boiling water (scant)
2 tablespoons sugar
1 cup heavy cream
4 or 5 macaroons
¼ cup cherry liquor
1 teaspoon lemon juice

Dissolve jello in boiling water, set aside to cool. Drain cherries from liquor, cut in small pieces, add to cooled jello. Crumble macaroons and dissolve in cherry liquor, add to jello. Add lemon juice, sugar and whipped cream. Mix well, turn into a rinsed ring or other mold. Place on ice to harden. When ready to serve, unmold and serve with sweetened whipped cream.

ANGEL CHARLOTTE RUSSE

Bake angel food cake in a square angel food pan, day previous to serving; at any rate, have it thoroughly cold. Cut off top of cake and remove some of the center. Fill cavity with charlotte russe, replace cake top, cover whole with white icing. Garnish with crystallized cherries and pecan meats.

This method may be varied by baking the cake in two identical ring molds, then cutting each one and placing together as one large ring; or one ring mold may be used.

Ice and garnish cake ring and put the charlotte russe in center of ring.

GLORIFIED RICE

1½ cups dry, cold, boiled rice
1 pkg. lemon jello
1 cup boiling water
2 lb. can white cherries
¼ cup sugar

Cook rice, drain, and let steam to dry. Dissolve jello in boiling water, stirring well; add one cup strained juice from cherries, place in refrigerator until cold, then whip with egg-beater until thick as whipped cream. Stir in rice and sugar, add one cup cherries cut in half. Mix well, turn in rinsed mold, place on ice to harden. Serve with sweet cream.

CANTALOUPE A LA MODE

Scrub small, ripe cantaloupes (Rockyfords are best). Place in refrigerator to chill. When ready to serve, cut in half lengthwise, remove seeds, fill with vanilla ice cream. Serve one-half melon to each individual.

PIE A LA MODE

Make fruit pie, following any preferred recipe. Put a small portion of vanilla ice cream on top of each slice of pie when serving.

MERINGUE SHELLS

4 egg whites
1 teaspoon vinegar
1 teaspoon vanilla
2 cups sifted confectioner's sugar

Have eggs ice cold, add pinch salt, whip with egg whip until stiff, sift in sugar gradually, continue stirring until mixture is stiff enough to hold its shape. Add flavoring.

Drop and shape on greased letter paper on large tins with a kitchen spoon, or use a damp board covered with letter paper.

Bake or dry out in a *very* slow oven, from forty-five to sixty minutes. Remove from paper while warm, with a knife. Put together in pairs, or press in the bottom carefully with the back of a spoon if intended to fill.

When cold, fill with whipped cream or ice cream.

MERINGUE CHANTILLY

When ready to serve, fill meringue shells with chilled whipped cream sweetened and flavored with vanilla or almond extract, or with ice cream.

Place filled shells on individual dessert plates on fancy doilies.

Garnish both sides of plate with a spoonful of whipped cream and top with candied cherries.

FRUIT MERINGUE (SCHAUM TORTE)

6 egg whites
1 teaspoon vanilla
2 teaspoons vinegar
2 cups sifted granulated sugar
1 pint heavy cream (whipped)
Berries, soft peaches, or diced pineapple
Pinch salt

Use perfectly fresh, large eggs; separate whites carefully. (Will whip best if kept in cold place.) Add pinch salt and whip in a large bowl until stiff, then sift in sugar very gradually while continuing to whip until stiff enough to hold its shape; add vanilla and vinegar.

It will require about thirty to forty minutes altogether. Turn in a buttered spring form (one with removable rim is best).

Bake in a very slow oven; requires about one and one-quarter to one and one-half hours. Meringue must just dry out thoroughly and brown very slightly. When done, remove from oven, slip a sharp knife around inside rim of pan, remove rim and place bottom of form with meringue shell on cake plate. When cold, heap center with sliced peaches or strawberries, or pineapple. Cover with whipped cream when ready to serve. Shell may be covered with ice cream if preferred instead of fruit and whipped cream.

FIG MERINGUE

4 egg whites
2 teaspoons lemon juice
1 cup cut dried figs
¾ cup broken pecan meats
¾ cup sugar
Pinch salt

Whip egg whites stiff, adding sugar gradually. Fold in figs and nuts. Flavor with lemon juice, add salt. Bake in small greased bread pan in a pan of hot water. Steam in oven about thirty-five to forty-five minutes.

Serve cold covered with whipped cream.

FIG DESSERT

1 cup ground dried figs
1 cup ground pecan meats
1 cup sugar
¼ cup sifted flour
4 eggs
1 teaspoon baking powder
½ lemon, rind and juice
Pinch salt

Beat eggs slightly, add sugar gradually, beat very light and lemon-colored. Add salt, lemon rind and juice, sift in flour and baking powder together. Stir in ground nuts, sprinkle figs with teaspoon

flour, then add to batter gradually. Bake in a small, well-greased biscuit pan in moderate oven, forty-five to fifty-five minutes.

Serve cold covered with whipped cream. Cut in squares when serving.

DATE DESSERT

1 lb. dates
3 eggs
1 cup finely-cut nuts
¼ cup sifted flour
3 tablespoons sugar
1½ teaspoons baking powder
1 teaspoon vanilla
1 pint boiling water
Pinch salt

Soak dates in boiling water ten minutes; drain, remove pits, cut in small pieces. Beat eggs light, add sugar gradually. When very light, sift in flour, baking powder and salt together. Add vanilla, mix well. Add nuts and dates.

Bake in small square biscuit pan in slow oven. Serve cold, cut in squares and cover with whipped cream.

FAVORITE LEMON DESSERT

½ cup sugar
¼ cup lemon juice
½ cup hot water
6 eggs
4 tablespoons sugar
Lady fingers or macaroons
Pinch salt

Line a spring form with lady fingers or macaroons (one with removable bottom is best). Beat egg yolks light, add sugar, continue beating until spongy. Add lemon juice. Steep lemon rinds in hot water ten minutes, strain water in beaten yolks. Cook in double boiler, stirring constantly until thick.

Add pinch salt to egg whites, whip stiff and dry. Add about two-thirds beaten whites to custard just before removing from fire. Pour over lady fingers or macaroons in spring form.

Whip the four tablespoons sugar into balance of stiff whites, spread and garnish top of custard with meringue. Place in oven just long enough to brown top delicately. Chill before serving. Serve on bottom of spring form.

NEAPOLITAN DESSERT

2 tablespoons gelatine
1 qt. milk
1 teaspoon vanilla
2 tablespoons melted chocolate
1½ cups sugar
Red fruit coloring

Soak gelatine in one cup cold milk twenty minutes. Scald balance of milk; when hot, add sugar, stir until dissolved. Stir at once into soaked gelatine until dissolved. Cook in double boiler, stirring constantly six minutes. Strain, then flavor with vanilla. Divide mixture

in three equal portions. Put one portion in a rinsed mold, place on ice to congeal. Add a little red fruit coloring to one portion to tint pink, pour on top of first portion when "set," place back on ice to congeal, then add last portion to which melted chocolate has been added. Place again on ice to congeal. Serve with custard sauce.

SOUTHERN DESSERT

1½ tablespoons melted butter
1¼ cups sifted flour
1¼ cups scalded milk
¼ cup sugar
4 eggs
1 teaspoon lemon juice, or ⅛ teaspoon nutmeg

Mix flour and butter together very smooth, stir in hot milk gradually, add well-beaten egg yolks. Flavor with grated nutmeg or lemon juice. Fold in stiffly-beaten egg whites. Bake in pudding dish in moderate oven, about forty minutes. Serve hot with following

Sauce

Cream one-half cup butter smooth, add one cup confectioners sugar. Flavor with raspberry or strawberry fruit juice or with sherry wine. Cream until smooth.

"COOKOO PIE"

1 can yellow peaches, or 1 can grated pineapple
½ teaspoon vanilla
3 eggs
½ cup sugar
½ cup sifted flour
⅓ teaspoon baking powder
Pinch salt

Drain fruit from syrup. Grease sides and bottom of a pyrex or other pie plate thickly with fresh butter. Sprinkle with two tablespoons sugar. Put drained fruit in pie plate and pour over the following sponge:

Sponge

Beat egg yolks light, adding sugar gradually. Sift in flour, baking powder and salt, mixed together. Flavor with vanilla, mix well, fold in stiffly-beaten whites. Pour sponge over fruit, bake in moderate oven about twenty-five minutes. Turn pie, fruit side up. Serve cold with following

Sauce

Put drained fruit syrup in a small saucepan. Add one tablespoon sugar and one teaspoon butter. Let cook until slightly syrupy. Chill. Serve with "pie."

MAPLE SUNSHINE

¼ cup sugar
¾ cup maple syrup
1 cup heavy cream (whipped)
½ cup cold water
3 eggs
1 tablespoon granulated gelatine
1 teaspoon vanilla
Pinch salt

Soak gelatine in cold water ten minutes. Set over hot water to dissolve. Beat egg yolks light, add sugar gradually, beating until lemon colored; add dissolved gelatine, stirring constantly. Set in a pan of cold water, stir in maple syrup. When perfectly cold, add stiffly-beaten egg whites to which a pinch of salt was added. Add vanilla and whipped cream. Turn in small glasses, place in refrigerator two hours to "set." Serve with a spoonful whipped cream on top.

SUNSHINE DELIGHT

Place a small square of sunshine cake in bottom of a reamer or tall, thin glass; place a round slice of canned pineapple on top of cake. Pour a tablespoon raspberry syrup or five fruits syrup over pineapple and cake.

Heap a large tablespoon sweetened whipped cream on top. Place a red or green maraschino cherry in center of cream. Have ingredients chilled before preparing.

CHARLOTTE DELIGHT

Bake a Sponge Cake (page 427), or an Angel Food Cake (page 410), in a square angel food pan. Make a Lemon or Orange Jelly (page 327). When cake is cold, cut off top carefully with a sharp knife. Scoop out center, being careful to leave a level wall. As soon as jelly begins to set, turn into center of cake. Replace cake top and place in refrigerator for jelly to harden.

When ready to serve, cover cake with sweetened whipped cream.

The removed center of cake will make a nice dessert if served with boiled custard poured over it.

STEAMED RAISIN PUFFS

1 cup chopped raisins
½ cup butter
¼ cup sugar
2 cups flour
2 eggs
2 teaspoons baking powder
1 cup milk
Salt

Cream butter and sugar light, add well-beaten eggs and salt. Add milk and flour alternately. Sift in baking powder with last flour. Add raisins last. Mix well, put in jelly glasses, cover with tight tops, set in pan of cold water which reaches to two-thirds of top of glasses.

Boil constantly three-quarters hour. Turn on plates, garnish tops with candied cherries. Serve warm with maple sauce.

STEAMED APPLE ROLL

4 apples
¼ cup butter
½ cup milk
½ cup sugar
1 pint flour
3 teaspoons baking powder
¼ teaspoon salt
Dash grated nutmeg

Sift flour, baking powder and salt together in a bowl, cut in butter with a spoon; when crumbly, add milk gradually, working in with spoon. When dough is well mixed, turn on floured biscuit board, roll out in sheet, not too thin.

Pare, core and cut apples in small thin slices. Strew over dough, sprinkle nutmeg and sugar over. Roll up like jelly roll, being careful to have the ends closed. Put in a greased pudding mold, set in another of boiling water and steam one and one-half hours.

Serve warm with marshmallow sauce.

PARSON TIPSY PUDDING

Make a sponge cake by any preferred recipe. Bake in spring form or round angel food pan. When cold, stick top of cake full with whole blanched almonds. Pour sherry wine over cake to soak (not too wet). Let stand one hour, then cover top and sides of cake thickly with whipped cream, garnish with finely-rolled nuts and cut candied cherries. Serve with or without custard sauce.

Cake may be made day previous to serving, but sherry and cream should not be added until day of serving.

INDIVIDUAL MACAROON CUSTARDS

½ tablespoon granulated gelatine
2 tablespoons cold water
½ lb. macaroons
1 cup whipped cream
2 cups cold boiled custard
Cherries

Soak gelatine in cold water ten minutes, set over hot water to dissolve, let stand until cool.

Dip edges of each macaroon in the gelatine, put aside a few moments to begin to jell, then press each four macaroons together to form small cups, using an individual plate for each cup.

Place in refrigerator until cups are set in shape. When ready to use, fill cups with Custard, put a spoonful whipped cream on top and garnish with a cherry.

MARY ANN CHARLOTTE

1 cup sugar
1½ cups flour (sifted 3 times)
½ cup boiling water
3 eggs
1 teaspoon baking powder
1 teaspoon vanilla
Pinch salt

Beat egg yolks light, add sugar gradually, beating until spongy. Add salt and hot water, sift in flour and baking powder together. Mix well, add vanilla, fold in stiffly-beaten whites last. Turn in well-greased large Mary Ann pan, or twelve small ones.

Bake in fairly hot oven, about twenty to twenty-five minutes. When done, invert pans on clean towels and let cakes sweat out, then cool. Fill centers with following chocolate gelatine, then cover whole with slightly sweetened whipped cream, flavored with vanilla.

CHOCOLATE GELATINE

1 cup milk
¾ cup sugar
¼ cup cold water
3 eggs
⅛ lb. bitter chocolate
1¼ tablespoons granulated gelatine
1 teaspoon vanilla

Soak gelatine in cold water ten minutes, place over hot water to dissolve. Cut chocolate in pieces, melt over hot water, stir in milk. Place saucepan over slow fire, stir two minutes until mixture is consistency of heavy cream, but not thick.

Beat egg yolks and sugar light, add chocolate mixture, mix well. Add dissolved gelatine. Add vanilla and stiffly-beaten egg whites. Beat with egg whip.

Turn Mary Ann cake pans bottom side up, rinse with cold water, then fill cavity with chocolate mixture. Place in refrigerator to harden, then fit gelatine in cavity of cake.

Cover whole with whipped cream.

CREAM PUFFS—CHOU PASTE

1 cup boiling water
½ cup butter
4 eggs
1 cup flour

Heat water and butter in saucepan. As soon as boiling point is reached, add sifted flour all at one time and stir thoroughly until well mixed and pan left clear. Remove from fire at once, add unbeaten eggs one at a time, beating well between each addition. Drop by spoonfuls on a buttered sheet one and one-half inches apart. Shape round with a spoon, leaving a little higher in center. Bake thirty to thirty-five minutes in a moderate oven. Cream puffs may be baked in well-greased plain muffin rings if preferred. When cool,

make a cut in side of each one with a sharp knife, large enough to admit filling. Fill with whipped cream or following

Custard

2¾ cups scalded milk
3 egg yolks
3 tablespoons cornstarch
½ cup sugar
½ teaspoon vanilla

Beat eggs and sugar very light together. Add cornstarch dissolved smooth in a little milk. Add hot milk gradually. Cook in double boiler, stirring until thick. Add vanilla. Chill before using for filling.

ECLAIRS

Shape cream puff mixture four inches long and one and one-half inches wide by forcing through a pastry bag and tube, or shaping with the fingers. Bake twenty-five to thirty minutes in moderate oven. When cold, split and fill with same custard filling as cream puffs, whipped cream, or with chocolate filling. Ice with French pastry chocolate, or maple icing.

LUXURIA ECLAIRS

12 eclairs
Hot fudge sauce
Vanilla ice cream

Bake eclairs by cream puff recipe. Let cool. Just before serving, split them lengthwise. Fill with vanilla ice cream, replace tops and cover with Hot Fudge Sauce (page 390).

ORANGE ICE-BOX CAKE

1 cup sweet butter
1 cup sifted confectioner's sugar
½ cup orange juice
¼ cup lemon juice
3 eggs
Grated rind of one orange
Grated rind of one lemon
Pinch salt

Cream butter soft, add sugar gradually, cream until grains do not show. Add egg yolks beaten very light, add grated orange and lemon rind. Add fruit juices gradually. Fold in stiffly-beaten egg whites last.

Line bottom and sides of spring form with halves of lady fingers. Turn in mixture and spread evenly. Place on ice twenty-four hours before serving. Turn on cake plate, cover top with whipped cream and garnish with candied cherries or slices of orange. Cut in slices when serving.

PINEAPPLE ICE-BOX CAKE

1 cup sweet butter
1 cup sifted confectioner's sugar
½ cup canned crushed pineapple
6 eggs
½ teaspoon grated lemon rind
2 teaspoons lemon juice

Cream butter soft, add sugar gradually, continue stirring until creamy and well mixed. Add egg yolks one at a time, beat well between each one. Add pineapple that has first been thoroughly drained. Add lemon rind and juice. Fold in very stiffly-beaten egg whites.

Line bottom and sides of spring form with halves of lady fingers. Pour in mixture, cover with halves of lady fingers. Keep in refrigerator twenty-four hours before serving.

Cover top with whipped cream before serving. Slice like cake when serving.

CHOCOLATE ICE-BOX CAKE

½ lb. sweet chocolate (melted)
½ teaspoon vanilla
4 eggs
3 tablespoons water
⅓ cup sugar
Lady fingers or macaroons

Boil sugar and water together until syrup spins a thin thread. Remove from fire, pour over chocolate, beat until cool, then flavor with vanilla. Add well-beaten egg yolks, mix well, fold in stiffly-beaten egg whites. Line a square mold with lady-finger halves or macaroons. Pour half the chocolate mixture over, make a second layer of lady fingers and chocolate. Place on ice overnight.

Turn from mold when ready to serve, cover top with whipped cream; garnish with whipped cream pressed through a pastry tube.

When using macaroons, cover top and bottom of chocolate with macaroons, but do not use middle layer.

CHOCOLATE ICE-BOX CAKE No. 2

½ lb. sweet chocolate
2 doz. macaroons
4 eggs
2 tablespoons sugar
3 tablespoons cold milk
1 teaspoon vanilla

Break chocolate in small pieces, add sugar and milk, put over slow fire, stir until chocolate is dissolved and mixture perfectly smooth. Set pan in warm (not hot) water until needed.

Beat egg yolks very light, add chocolate mixture, mix well. Add stiffly-beaten egg whites. Flavor with vanilla.

Line a spring form with removable bottom with macaroons. Pour half the chocolate mixture over cake. Put on another layer of mac-

aroons and cover with balance of chocolate mixture. Put in refrigerator twenty-four hours. Serve covered with whipped cream.

COCOA ICE-BOX CAKE

½ cup cocoa
½ cup boiling water
¾ cup sugar
4 eggs. 1 teaspoon vanilla
24 lady fingers
1 tablespoon gelatine

Pour hot water over cocoa, stir until dissolved, add sugar. Stir over slow fire until thick as custard.

Beat egg yolks very light, add hot cocoa mixture. Fold in stiffly-beaten egg whites.

Line a spring form (with removable bottom) closely with halves of lady fingers. Pour in cocoa mixture, cover top with lady fingers. Place in refrigerator twenty-four hours to set.

When serving, remove rim of spring form and serve on the bottom placed on cake plate. Cover top with whipped cream.

CUSTARD ICE-BOX CAKE

4 eggs
2 doz. lady fingers
1 tablespoon sherry, or 2 teaspoons vanilla
1½ cups rich milk
1 cup heavy cream (whipped)
½ cup milk
½ cup sugar

Soak gelatine in the one-half cup milk ten minutes. Scald one and one-half cups milk. Beat eggs and sugar together until grains do not show. Pour hot milk over soaked gelatine, stir until dissolved, then add to egg mixture, stirring until well mixed. Cook in double boiler, stirring until thick. Remove from fire, let cool. When cold, add whipped cream and flavor with vanilla or sherry.

Line a spring form (with removable bottom) with halves of lady fingers, pour in half of custard, add another layer of lady fingers and custard. Place in refrigerator twenty-four hours to set. Serve with or without cream.

NEAPOLITAN ICE-BOX CAKE

½ ib. macaroons
¼ lb. marshmallows
⅜ lb. blanched almonds (rolled fine)
4 eggs
¼ cup maraschino cherries (cut fine)
⅛ lb. bitter chocolate
¼ cup sugar
¼ cup cold water
¾ cup sweet butter
¾ cup confectioner's sugar
Lady fingers

Grease well with fresh butter a spring form with removable bottom. Line bottom and sides with lady-finger halves.

Put marshmallows in double boiler over hot water, add sugar, chocolate and water, stir until melted and smooth. Add well-beaten

egg yolks, continue stirring until thick as custard. Put aside to cool, stirring occasionally.

Cream butter and confectioner's sugar until perfectly smooth and soft, then add cooled chocolate mixture. Add almonds and maraschino cherries, then fold in stiffly-beaten egg whites. Turn half the mixture over lady fingers in form. Cover with macaroons, then balance of mixture. Place in refrigerator twenty-four hours. Cover with whipped cream when serving.

PRUNE AND CHOCOLATE ICE-BOX CAKE

1 lb. prunes
¼ lb. grated bitter chocolate
1 teaspoon vanilla
2 doz. lady fingers
4 eggs
¾ cup sugar
1 cup confectioner's sugar
⅓ cup sweet butter
Pinch salt

Wash prunes, cook until soft, drain, remove pits, and press through ricer or fine sieve. Add chocolate. Beat egg yolks and sugar light. Add to prune mixture. Cook in a double boiler while stirring until mixture is smooth and thick.

Cream butter soft, stir in confectioner's sugar gradually until smooth. Add hot prune mixture and vanilla. Stir smooth, then fold in stiffly-beaten egg whites to which pinch of salt has been added.

Cover bottom and sides of spring form (with removable bottom) with lady-finger halves. Turn in prune mixture, cover top with balance of lady fingers.

Place on ice over night to stiffen. Serve on bottom of spring form placed on cake plate. Cover top with whipped cream when ready to serve.

CHOCOLATE SNAP ICE-BOX CAKE

1 large box chocolate snaps or 2 small boxes chocolate snaps
1½ cups heavy cream
2 tablespoons confectioner's sugar
1 teaspoon vanilla

Whip cream stiff, add sugar and vanilla.

Line a spring form (preferably one with removable bottom) with chocolate snaps; cover with half the whipped cream. Make second layer of snaps and whipped cream, or make three layers. Place in refrigerator twenty-four hours or over night to combine well and stiffen. When ready to serve, remove rim of spring form. Garnish top of cake with a little extra whipped cream, a sprinkling of grated chocolate and pieces of candied cherries.

If desired, a layer of dried or freshly-grated cocoanut may be sprinkled over the snaps before covering with cream, when making the dessert.

CHAPTER XXIII

PUDDINGS

RICE PUDDING

1 cup rice
¾ cup sugar
½ grated lemon rind
2 teaspoons lemon juice
1 qt. milk
4 eggs
1 tablespoon butter
½ teaspoon salt

Clean and wash rice, add salt and milk. Cook slowly until done, about one hour, stirring occasionally.

Cream butter, add well-beaten egg yolks, add sugar, beat light. Add cooked rice, mix well. Add lemon juice and rind. Add stiffly-beaten egg whites last. Bake in pudding dish in moderately hot oven, about forty-five minutes.

Serve warm or cold.

RICE CUSTARD

2 cups cooked rice
½ cup sugar
1 qt. rich milk
3 tablespoons melted butter
4 eggs
1 teaspoon vanilla
⅛ teaspoon lemon extract
¼ teaspoon salt

Beat egg yolks and two whites light, add sugar gradually, beating until grains do not show. Add butter, stir in rice, then milk. Add salt, vanilla and lemon extract. Mix well. Turn in pudding pan. Bake in moderate oven about three-quarters hour, until firm. Remove from oven, spread top with jelly, cover with meringue made by heating balance of egg whites stiff with one-third cup sugar, flavor with lemon juice. Set back in oven to brown top delicately. Serve cold.

FRUIT RICE PUDDING

4 or 5 good size apples
2 small pieces cinnamon bark
½ lemon peel
2 tablespoons red jelly
½ cup rice
⅓ cup sugar
¼ cup butter
2½ cups milk

Wash rice, put in double boiler with milk. Add cinnamon and yellow lemon peel (which was peeled thinly in one piece from around half the lemon). Cook slowly until rice is done and most of milk absorbed, about one and one-half to two hours.

Remove cinnamon and lemon peel, add butter and sugar, stir until butter is melted, then remove from fire.

Place peeled and cored apples in baking dish. Fill centers with jelly. Fill spaces between apples with cooked rice mixture. Bake in moderate oven until apples are tender but not broken, about forty-five minutes. If apples are tough, a cover may be put over baking dish for five or ten minutes at the beginning.

Serve cold with cream sweetened or whipped.

Canned or cooked fruit may be used instead of apples.

CARAMEL RICE PUDDING

½ cup sugar
⅓ cup boiling water

Put sugar in a shallow saucepan or skillet, let melt to brown liquid (not too dark), shake pan occasionally. Add water, simmer slowly until thickened and there are no lumps. Pour at once into a buttered pudding pan. Turn pan round and round until bottom and sides are coated with caramel, put aside to cool and harden, then pour in pudding mixture.

Pudding Mixture

3 cups milk
½ cup rice
¼ cup sugar
¼ cup seeded raisins
3 eggs
1 tablespoon butter
1 teaspoon salt
½ teaspoon vanilla

Wash rice, cover with milk, add salt, cook in double boiler until done and most of milk absorbed, one to one and a quarter hours. Add sugar and butter before removing from fire, stir until butter is melted. Remove from fire, add well-beaten eggs, raisins and vanilla. Mix well, pour in caramel-coated pan, set in a larger pan of hot water. Bake in hot oven just long enough to set and brown top nicely, about twenty minutes.

Serve hot or cold, with or without cream.

CELESTIAL RICE

2 cups cooked rice
1 cup pear syrup
⅓ cup sugar
2½ cups milk
2 eggs
2 tablespoons sugar
2 lb. can pears
¼ teaspoon salt
1 teaspoon lemon juice
½ teaspoon vanilla
1 tablespoon butter

Put pear syrup in saucepan (if not sufficient in can, add water to make one cup), add one-third cup sugar and lemon juice. Cook

until syrupy, add pears after cutting in quarters. Simmer slowly until pears are hot through, no longer. Remove from fire.

Add milk to rice, let cook slowly until nearly all milk is absorbed, then stir in butter and sugar. When well mixed, add well-beaten egg yolks, remove from fire, add vanilla and beat well.

Turn rice in a pyrex or other baking dish. Drain pears from syrup, spread over rice, pour syrup over all. Cover whole with meringue made of egg whites beaten stiff with three tablespoons sugar and flavored with one-half teaspoon lemon juice.

Put in moderate oven to brown meringue lightly. Serve cold.

EGGLESS RICE PUDDING

½ cup rice
½ cup sugar
2 tablespoons butter
¼ grated lemon rind
1 qt. rich milk
½ teaspoon salt
½ teaspoon vanilla

Cover rice with boiling water, let stand one hour, covered, to swell. Drain. Add milk, salt, sugar, vanilla and lemon rind. Mix well, put in pudding pan, drop butter in bits on top. Bake in moderate oven one to one and a quarter hours.

CUSTARD PUDDING

6 eggs
⅔ cup sugar
1 teaspoon vanilla
1 qt. milk
2 tablespoons corn starch

Dissolve cornstarch smooth in a little of the milk. Scald balance milk. Beat egg yolks and sugar very light; add hot milk gradually while stirring. Add dissolved cornstarch. Beat egg whites very stiff, add half of it to milk mixture. Turn in pudding dish or pan, set in another pan of boiling water on top of range. Stir until custard is thick. Remove from fire, flavor with vanilla. Beat one-half cup sugar gradually into balance of egg froth, add one teaspoon lemon juice. When stiff, cover pudding. Set in moderate oven to brown top delicately. Serve cold with sweet cream.

FARINA CUSTARD PUDDING

¼ cup farina
½ cup sugar
⅛ teaspoon salt
4 eggs
1 qt. milk
2 tablespoons melted butter
1 teaspoon vanilla

Heat one cup milk to boiling point, stir in farina gradually. Set saucepan in another of boiling water, cook while stirring until smooth and thickened, about twenty minutes. Add salt. Set aside to cool.

Beat eggs and sugar very light; add farina, butter and balance of milk gradually. Flavor with vanilla. Mix well. Turn in pudding dish. Bake in fairly hot oven about twenty-five minutes. Remove from oven as soon as "set," or pudding will be watery.

Serve cold, with or without fruit or jelly sauce.

Cream of wheat may be substituted for farina.

BROWN CUSTARD PUDDING

1 qt. scalded milk
1 teaspoon vanilla
¼ cup stale macaroon crumbs
4 eggs
⅓ cup sugar
2 teaspoons cornstarch
Stale cake or lady fingers

Beat eggs and sugar very light, add hot milk gradually. Cook in double boiler, adding cornstarch dissolved in a little milk. Stir until thickened, remove from fire, flavor with vanilla.

Line a pudding dish with thin slices of cake or lady fingers. Pour hot custard over, sprinkle macaroon crumbs over top. Set in hot oven a few minutes to brown top lightly.

Serve cold.

PEACH PUDDING No. 1

10 large, sound ripe peaches
4 eggs
1 teaspoon baking powder
1 tablespoon melted butter
1 cup cold water
1 cup milk
¾ cup sugar
¾ cup flour
Pinch salt and nutmeg

Peel whole peaches, place in pudding pan or baking dish; add water, cover tightly. Bake in moderate oven until tender, but not broken.

Drain off juice and put aside one-half cup to cool.

Beat eggs and sugar very light, add milk and flour sifted with baking powder, alternately. Add one-half cup peach juice, salt, nutmeg and butter. Pour over peaches in pan in which they were baked.

Bake in moderate oven until puffed and brown, about thirty-five minutes. Serve with sweet cream, or hard sauce.

PEACH PUDDING No. 2

1 cup sugar
1 cup milk
1 cup flour
¼ cup butter
1 egg
1 teaspoon baking powder
Apples or peaches

Fill a buttered baking dish one-half full with peeled, thinly sliced fruit. Cream together butter and sugar, add well-beaten egg. Add

flour to which baking powder has been added, alternately with milk. Mix well, pour over fruit. Bake in moderate oven, about forty minutes, browning nicely.

Serve hot or cold with Hard sauce or sweet cream.

PEACH MERINGUE PUDDING

2 lbs. can yellow peaches
12 stale lady fingers
2 teaspoons cornstarch
½ teaspoon lemon juice
2 eggs
2 cups scalded milk
¼ cup sugar
½ cup sugar
1 tablespoon milk

Beat egg yolks and one-quarter cup sugar very light. Dissolve cornstarch in one tablespoon milk. Add to eggs. Add hot milk, cook in double boiler, stirring until thick.

Line bottom of pudding dish with lady-finger halves, cover with half the drained peaches, then make a second layer of lady fingers and peaches.

Pour thick custard over all. Bake in moderate oven ten minutes, then cover with meringue made of egg whites beaten stiff with one-half cup sugar. Set back in oven to brown top lightly. Serve cold with fruit sauce or cream.

APPLE PUDDING

1½ cup milk
3 slices white bread
3 eggs
6 large apples
1½ teaspoons baking powder
1 cup sugar
½ cup butter
1 teaspoon flour

Soak bread in milk. Cream butter and sugar together light, add beaten egg yolks, then apples cut in small thin slices; add stiffly-beaten egg whites. Add mixture to soaked bread, sift in baking powder with one teaspoon flour. Stir well, bake in pudding pan thirty to forty minutes. Serve hot with hard sauce, or cold with sweetened whipped cream.

APPLE CORN FLAKE PUDDING

3 cups corn flakes
¾ cup sugar
3 cups finely-chopped apples or sliced peaches
3 tablespoons butter
½ teaspoon cinnamon
½ grated lemon rind

Use a baking dish or pudding pan; begin with a layer of corn flakes, spread one-half the fruit over, sprinkle with sugar, cinnamon, lemon rind and bits of butter. Make another layer of corn flakes, fruit and seasoning as before. Cover with corn flakes, add sugar and

butter. Bake in moderate oven, about thirty minutes. Serve cold with cream.

APPLE-SAUCE PUDDING

1 cup grape nuts
½ cup sugar
2½ cups milk
2 cups sweetened apple sauce (not too soft)
3 eggs
2 teaspoons butter
1 teaspoon vanilla

Butter a baking dish or pudding pan, spread apple sauce over bottom. Beat egg yolks light, add vanilla gradually.

Cream butter soft, add sugar gradually, stirring over warm water, add milk and egg mixture. Add grape nuts. Fold in stiffly-beaten egg whites. Flavor with vanilla.

Pour over apple sauce. Bake in moderate oven about one hour.

Serve cold with or without sweet cream.

BIRD-NEST PUDDING

6 or 7 medium size apples
3 eggs
2½ cups milk
1 tablespoon flour
1 cup cold water
3 tablespoons sugar
Cinnamon and nutmeg

Pare and core apples. Place in pudding pan, put a teaspoon sugar in center of each, sprinkle with a little cinnamon and nutmeg. Drop bits of butter over, add water. Bake in oven until apples are tender, basting occasionally.

Beat eggs light with sugar. Add milk and flour alternately, stir well, pour over baked apples after draining off any syrup that remains on them. Set back in hot oven, bake until custard is set and firm. If custard remains in oven too long, it will be watery.

BROWN BETTY PUDDING

4 cups diced apples
2 cups rolled bread crumbs
½ cup melted butter
⅔ cup brown sugar
½ teaspoon cinnamon
½ cup cold water
2 tablespoons lemon juice

Stir crumbs in melted butter, mix sugar and cinnamon together. Put a thin layer of crumbs in bottom of buttered baking dish, put half the apples on crumbs, then sprinkle half the sugar and cinnamon over apples. Make another thin layer of crumbs, then balance of apples and sugar. Cover with balance of crumbs, which should be a thicker layer than the others. Add lemon juice to water, pour over contents of dish. Cover pan closely. Bake in moderate oven

about forty-five minutes, then uncover and brown nicely on top. If apples are juicy, they may require a little less water.

Serve warm with fruit sauce, sweetened cream, or hard sauce.

CRUMB PUDDING

4 cups milk
¾ cup sugar
1¼ cups rolled bread crumbs
½ cup jelly or marmalade
4 eggs
1 teaspoon vanilla
2 teaspoons lemon juice
¼ teaspoon salt
2 tablespoons butter
⅓ cup sugar

Beat two whole eggs and two yolks light with three-quarters cup sugar. Add salt, butter and bread crumbs. Add milk gradually. Flavor with vanilla. Bake in moderate oven, about three-quarters to one hour.

While pudding is baking, make meringue of remaining egg whites beaten stiff, with the one-third cup sugar. Add lemon juice.

Pull pudding to front of oven, spread jelly over top, cover with meringue. Set back in oven to brown top nicely. Serve warm or cold with or without sweet cream.

COCOANUT CRUMB PUDDING

1¼ cups rolled bread crumbs
1 cup shredded cocoanut
⅓ cup jelly
¾ cup sugar
1 teaspoon vanilla
¼ teaspoon lemon extract
4 eggs
1 qt. milk
3 tablespoons melted butter
3¼ tablespoons confectioner's sugar

Mix bread crumbs and cocoanut together, add half the milk, let soak fifteen minutes.

Beat egg yolks and sugar light, add butter and soaked crumb mixture. Mix well. Add balance milk, vanilla and one-third stiffly-beaten egg whites. Bake in pudding pan in moderate oven, about three-quarters hour.

Spread jelly over top, cover with meringue made by adding confectioner's sugar gradually to balance of stiffly-beaten egg whites. Flavor with lemon extract. Set back in oven to brown top lightly. Serve warm or cold with sweet cream.

COCOANUT CUSTARD PUDDING

3 cups scalded milk
½ cup sugar
⅓ cup sugar
¾ cup shredded cocoanut
½ teaspoon lemon juice
3 eggs
2 tablespoons cornstarch
1 teaspoon vanilla
Pinch salt

Beat egg yolks light with one-half cup sugar. Dissolve cornstarch in sufficient cold milk to make smooth paste, add to egg mixture. Add hot milk gradually, add salt. Cook in double boiler; when hot, add cocoanut; stir constantly until thickened. Remove from fire, flavor with vanilla.

Turn in pudding pan, cover top with meringue made of stiffly-beaten egg whites and the one-third cup sugar. Flavor with lemon juice.

Brown top nicely in moderate oven. When done, drop bits of red jelly over and set aside to chill.

GRATED PINEAPPLE PUDDING

3 eggs
½ teaspoon vanilla
2 tablespoons grated bread crumbs
1 cup sweet cream
1 cup milk
½ cup sugar
1 cup grated canned pineapple
⅓ cup sugar
Pinch salt

Beat egg yolks very light with one-half cup sugar, add milk and cream, mix well. Add salt and vanilla. Put in pudding dish, sprinkle with bread crumbs. Set pan in another of hot water, bake in hot oven until set, fifteen to twenty minutes.

Remove from oven; spread drained, grated pineapple lightly over top. Cover with meringue made of stiffly-beaten egg whites and the one-third cup sugar. Set pudding in oven a few moments to brown top lightly. Serve chilled.

PINEAPPLE CUSTARD PUDDING

1 lb. can sliced pineapple
3 eggs
2 teaspoons cornstarch
3 cups milk
⅔ cup sugar
½ teaspoon vanilla
Tiny pinch salt

Drain pineapple from syrup. Cut in pieces and put in bottom of pudding dish.

Rub cornstarch smooth in a little of the milk. Scald balance of milk. Beat egg yolks and one white light, add sugar gradually. Stir in hot milk gradually. Cook in double boiler while stirring until thick; remove from fire, add vanilla and salt. Pour custard over pineapple in pudding dish. Beat the two egg whites stiff, add one-third cup sugar gradually. Spread meringue over custard. Brown lightly on rack of oven. Serve cold.

ORANGE CUSTARD PUDDING

Make same as pineapple custard pudding, substituting two peeled, sliced oranges cut in small pieces. Drain orange well before putting in pudding dish.

CHOCOLATE CUSTARD PUDDING

4 cups milk
¾ cup sugar
1 cup grated sweet chocolate
3 tablespoons cornstarch
4 eggs
1 teaspoon vanilla

Scald three cups milk. Dissolve chocolate in one-half cup milk. Dissolve cornstarch in one-half cup milk. Beat eggs and sugar very light, add dissolved chocolate and cornstarch. Add hot milk gradually. Cook in double boiler, stirring until thick and creamy. Remove from fire, add vanilla. When cool turn in dessert bowl. Place in refrigerator to chill. Serve with whipped cream or plain cream.

If preferred, chocolate custard may be turned in a pudding dish and covered with meringue made by beating two of the egg whites stiff with three tablespoons sugar and flavored with a little lemon juice. Set in hot oven just long enough to brown meringue lightly. Serve cold with cream.

ZWIEBACK CHOCOLATE PUDDING

5 tablespoons grated zwieback
1 cup sugar
2 tablespoons sherry
4 eggs
¼ lb. grated bitter chocolate
Pinch salt

Beat egg yolks and sugar light, add grated chocolate, zwieback and salt, stir in sherry wine. Add stiffly-beaten egg whites last. Turn in air-tight pudding mold, boil in another vessel of constantly boiling water one hour.

Serve hot or cold with cream, or vanilla sauce.

TAPIOCA CUSTARD PUDDING

⅔ cup tapioca
½ cup sugar
½ teaspoon vanilla
1 tablespoon butter
1 qt. milk
3 eggs
Pinch salt

Soak tapioca over night in cold water if old-fashioned tapioca is used, or one and a half hours if pearl tapioca. Scald milk, stir in tapioca, cook in double boiler thirty minutes while stirring occasionally until transparent.

Beat eggs and sugar light, add cooked tapioca with milk, salt, vanilla, and butter. Bake in baking pan set in another pan of hot water in hot oven until slightly browned on top, about ten to fifteen minutes.

Serve cold, with or without cream.

INSTANT TAPIOCA PUDDING

1 qt. milk
½ cup sugar
½ cup instant tapioca
1 teaspoon vanilla
3 eggs
1 tablespoon butter
Pinch salt

Let milk come to boil in double boiler, stir in tapioca. Cook until tapioca is transparent, about fifteen minutes, stirring often.

Beat egg yolks and one white with sugar until very light. Add hot milk and tapioca, stirring constantly until well mixed. Add salt and butter. Cook in double boiler, stirring until thickened. Remove from fire, add vanilla.

Turn in pudding dish. Beat the two egg whites stiff with three tablespoons sugar. Spread meringue over top. Set in oven in pan of hot water only long enough to brown top lightly. Cool, then chill in refrigerator.

ORANGE TAPIOCA PUDDING

½ cup minute tapioca
½ cup sugar
3 cups milk
3 oranges
3 eggs
⅛ teaspoon orange extract
3 tablespoons confectioner's sugar
Small pinch salt

Scald milk in double boiler, stir in tapioca. Let cook about thirty minutes until tapioca is transparent. Beat egg yolks and sugar light, add salt, hot milk and tapioca, stirring constantly until smooth.

Return to double boiler, cook until thickened and creamy.

Slice oranges, removing seeds and tough fiber. Arrange in bottom of pyrex baking dish, pour custard over oranges. Cover with meringue made of egg whites beaten stiff with confectoner's sugar. Flavor with orange extract. Brown top lightly in moderate oven.

If desired, canned pineapple may be substituted for oranges.

BROWN SUGAR PUDDING

1 qt. milk
1 cup old-fashioned brown sugar
¼ teaspoon lemon extract
3 tablespoons milk
3 tablespoons cornstarch
2 tablespoons butter

Dissolve cornstarch smooth in three tablespoons milk. Melt butter in saucepan, stir in sugar until smooth. Add milk gradually, and when it reaches boiling point, add dissolved cornstarch, stir constantly until smooth and thick, about fifteen minutes. Remove from fire, add extract.

Line a glass bowl with halves of lady fingers, pour custard over while hot, set aside to cool.

Serve cold with or without whipped cream.

SWEET POTATO PUDDING

3 cups boiled mashed sweet potato
4 eggs
1 teaspoon cinnamon
¼ teaspoon nutmeg
1 cup sugar
3 cups milk
¼ teaspoon salt
2 tablespoons melted butter

Boil, peel, then press potatoes through ricer, mash smooth, add sugar, well-beaten eggs, butter and milk gradually. Add salt, nutmeg and cinnamon. Beat perfectly smooth. Bake in moderate oven about thirty minutes, browning nicely.

RAW SWEET POTATO PUDDING

4 cups grated raw sweet potato (3 to 4 good size ones)
2 cups milk
1 cup brown sugar
3 tablespoons melted butter
2 tablespoons syrup
4 eggs
¼ teaspoon salt
½ teaspoon allspice
1 teaspoon cinnamon

Scrub thoroughly, peel and grate potatoes, measure four cups. Beat eggs and sugar light, stir in potato. Add milk. When well mixed, add other ingredients. Bake in pudding pan in moderate oven one and a half to two hours. Serve hot.

BAKED PRUNE PUDDING

30 medium size prunes (about 1 lb.)
⅔ cup sugar
5 egg whites
2 level teaspoons cornstarch
1 teaspoon vanilla
Pinch salt

Wash prunes, cover with cold water, soak over night. Cook soft in same water in which they were soaked. Drain, remove pits and press through ricer or sieve. Add sugar, cream well, add cornstarch, salt and vanilla.

Beat egg whites to stiff, dry froth, fold in prune mixture. Bake in buttered pudding pan or pyrex dish in moderate oven, about twenty-five to thirty minutes. Serve cold with custard sauce or sweet cream.

PINEAPPLE FLUFF

2 lb. can crushed pineapple
4 tablespoons sugar
1 tablespoon lemon juice
4 egg whites
Tiny pinch salt

Drain pineapple from syrup. Beat egg whites stiff, add sugar, salt and lemon juice gradually. Continue beating until dry.

Fold in pineapple. Bake in buttered earthen or pyrex baking dish in moderate oven until well puffed up (about twenty to twenty-five minutes). Serve hot at once with whipped cream flavored with one tablespoon pineapple syrup.

APPLE SOUFFLE

2½ cups freshly-grated apple
¾ cup sugar
⅓ cup finely-rolled bread crumbs
4 eggs
1 lemon rind (grated)

Peel, then grate apples. Beat egg yolks very light, adding sugar gradually, add apples, lemon rind, and bread crumbs. Mix well, add stiffly-beaten egg whites.

Bake in casserole or pyrex dish in moderate oven three-quarters to one hour. Serve warm or cold with plain or whipped cream.

PINEAPPLE SOUFFLE

2 lbs. can grated pineapple
1 tablespoon flour
5 eggs
1 cup sugar
¾ cup milk
Pinch salt

Beat egg yolks and whites of three light, adding sugar gradually. Continue beating until creamy. Sift in flour and add milk alternately, add pineapple and salt. Bake in pudding pan or baking dish in slow oven, three-quarters to one hour.

When pudding is set, pull to front, cover with meringue made of the two egg whites beaten stiff with three tablespoons sugar. Put back in oven long enough to brown top delicately. Chill before serving with whipped or sweet cream.

CUSTARD SOUFFLE

6 eggs
½ teaspoon vanilla
½ teaspon salt
½ cup butter
½ cup sifted flour
½ cup sugar
1½ cups hot milk

Beat egg yolks light, add sugar gradually, beating until grains do not show. Melt butter in saucepan, stir in flour gradually until foamy, add milk slowly, stirring until smooth and thick.

Add egg mixture to hot cooked mixture immediately upon taking from fire. Cool, add vanilla and fold in very stiffly-beaten egg whites.

Put at once in buttered, individual ramekins or casserole, set in pan of hot water, bake in moderate oven until firm, about twenty minutes if in casserole, fifteen minutes in ramekins. Serve immediately or custard will fall. Serve with following:

Sauce

¼ cup butter
½ cup sifted confectioner's sugar
¼ cup cream
½ teaspoon vanilla
1 teaspoon lemon juice

Cream butter soft, add sugar gradually while stirring, add cream *very* slowly. Add vanilla and lemon juice. Sauce should be creamy and smooth.

LEMON SOUFFLE

5 eggs
1 lemon (rind and juice)
1 cup sugar

Beat egg yolks light, add sugar gradually, beating until very light. Add grated rind and juice of lemon. When well mixed, fold in stiffly-beaten egg whites.

Bake in buttered baking dish, set in pan of hot water in slow oven, about forty minutes. Serve at once or soufflé will fall.

BAKED NOODLE CHARLOTTE

2 large apples (diced)
½ teaspoon salt
3 eggs
2 doz. seeded raisins
¼ teaspoon cinnamon
1 tablespoon ground almonds
Broad noodles (of 3 eggs)
Dash allspice. ½ cup sugar

Boil noodles in salted boiling water twenty minutes. Drain in a colander, put aside. Beat eggs with sugar until light, add cooked noodles, apples, and raisins cut in small pieces. Add almonds, cinnamon, salt, and allspice.

Heat an iron skillet, pour in one-quarter cup goose fat or beef drippings, when hot, turn in charlotte mixture, drop bits of butter on top. Bake in moderate oven until it has a nice thick, brown crust on top and bottom (about one hour). Serve hot with cooked prunes or wine sauce.

NOODLE AND CHEESE CHARLOTTE

1¼ lbs. cottage cheese
½ cup sugar
½ cup milk
⅓ cup cut, seeded raisins
3 eggs
4 tablespoons melted butter
1 tablespoon chopped nuts
½ tablespoon salt
½ grated lemon rind
Broad noodles (of 3 eggs)

Cut noodles one-half inch wide, cook in boiling salted water, without covering vessel, twenty minutes. Drain thoroughly.

Beat eggs and sugar light, add melted butter, add cheese after pressing through ricer or fine sieve. Add drained noodles, milk, salt, raisins, nuts and lemon rind. Mix well together.

Melt two tablespoons butter in bottom of a large skillet. When hot, turn in mixture. Bake in good moderate oven, about one hour, browning top nicely.

Serve warm with cold lemon sauce. Serves ten to twelve portions. For small family, use one-half quantity of ingredients.

PEACH CHARLOTTE

Line a deep frying pan or charlotte pan with rich pastry, leaving a little thicker than for pie crust. Fill crust with halved ripe peaches, sprinkle with one cup sugar, one-quarter teaspoon cinnamon, and two tablespoons butter, cut in bits.

Dissolve one teaspoon cornstarch in one-quarter cup water, pour over fruit. Cover with another layer of pastry, prick top with a fork and brush with melted butter.

Bake in moderate oven until crust is brown and peaches done, about forty-five to sixty minutes.

APPLE CHARLOTTE

Make same as peach charlotte, cutting apples in small pieces or in thin strips. Two layers of apples may be used with a thin layer of pastry between. Cover whole with a thicker layer of pastry, prick, and brush with melted butter. Seeded raisins may be added to apples if desired.

RHUBARB CHARLOTTE

Pastry

1½ cups flour
¼ cup shortening
Pinch salt
Cold water

Sift flour and salt together, rub in shortening until crumbly. Mix in just enough cold water to make smooth dough that can be easily handled.

Line entire inside rim of well-greased pudding pan or baking dish with some of the pastry, rolled (not too thin), leaving bottom of pan entirely free.

Filling

1 qt. rhubarb (cut in small pieces)
3 tablespoons butter
2 eggs
2 teaspoons cornstarch
¼ cup sugar
½ cup hot water

Wash and strip off outer covering of rhubarb, then cut in pieces. Divide rhubarb, sugar and butter in three portions each. Put one portion rhubarb, butter, and sugar in bottom of baking dish.

Roll out a very thin strip of pastry and cut twelve small squares. Put six squares on top of rhubarb layer.

Put in one more portion of rhubarb, sugar and butter, then lay on balance of pastry squares.

Put in balance of rhubarb, sugar and butter.

Beat eggs light, add cornstarch, stir in hot water, then pour over layers.

Roll balance of pastry rather thick, cover dish, being careful to fasten sides to pastry around rim.

Make a small hole in center of top to let steam escape.

Set pan on top of range, cook slowly about thirty minutes to cook rhubarb, then bake inside moderate oven about twenty-five minutes, browning pastry nicely.

Serve warm.

MATZOS CHARLOTTE

6 to 8 whole matzos
6 eggs
2 doz. seedless raisins
2 large apples (cut in dice)
¼ cup ground nuts (optional)
1½ teaspoons salt
½ teaspoon cinnamon
⅓ cup matzos meal
½ cup sugar

Soak matzos in cold water until soft, drain, squeeze dry, then cream in a bowl until soft. Beat egg yolks and sugar together light. Add salt, nuts, matzos, cinnamon, raisins, and apples. Mix well. Add matzos meal, then fold in stiffly-beaten egg whites.

Cover bottom of an iron skillet with rendered goose fat or other fat. When quite hot, pour in mixture. Spread a little fat on top of charlotte with a spoon. Bake in moderate oven one to one and a quarter hours. Bottom and top should be nicely browned with a thick crust.

Serve warm with stewed prunes or strawberries, or with lemon or wine sauce.

MATZOS KUGEL

Soak eight matzos in cold water. When soft, squeeze out every bit of water and mash creamy, add one and one-half cups linda or soft goose fat cut in small pieces (three-quarters cup rendered goose fat may be substituted). Beat in one by one, eight eggs, add one cup matzos meal, one-half cup sugar, two apples and two pears cut in dice pieces, three dozen seeded raisins, one-half teaspoon each, allspice and cloves, salt to taste. Mix well.

Turn in hot iron skillet with bottom well covered with goose fat. Stick pieces of pear and apple in top of pudding, and pour two cups cold water over all.

Bake in a slow oven three to four hours. Let top and bottom of pudding have a thick brown crust. Sugar may be omitted and pepper substituted if desired.

STEAMED PUDDINGS

To steam or boil puddings, use tin or aluminum molds with tight covers so that water will not penetrate contents. Put a piece of waxed paper on top before closing mold. Always butter mold well before putting in pudding mixture. If a little sugar is sprinkled over the bottom, it will help to form a kind of crust around the pudding.

Place mold always in boiling water in a pan or bucket deeper than the mold. Allow the boiling water to come up to the rim of mold. Keep a kettle of hot water on hand to refill pan as water evaporates. It may be necessary to put a weight on top of mold to prevent it turning over while boiling.

When puddings are boiled in bags, always place a plate in the bottom of pan before putting in pudding, to prevent it from scorching. Very few puddings are boiled in bags now. Bags should be greased inside when using so that pudding will slip out easily. Never fill a mold or bag quite full, leave space for swelling.

STEAMED PRUNE PUDDING

36 small prunes, or 24 large prunes
1 teaspoon vanilla, or 1 teaspoon lemon juice
8 egg whites
¾ cup sugar
Pinch salt

Wash prunes, soak in cold water over night. Cook soft in water in which they were soaked. Drain, remove pits and mash through ricer or fine sieve. Add sugar gradually, stir until mixture is creamy.

Beat egg whites very stiff and dry after adding a pinch of salt,

fold into prune mixture with egg whip, flavor with vanilla or lemon.

Turn mixture in large pudding mold or lard bucket, cover with wax paper, put on tight top. Set mold in a larger vessel of boiling water. Let water in outside vessel boil two hours. From time to time, renew water in outer vessel so that it remains near but not quite to top of mold while cooking. The mold should never be filled more than two-thirds full to allow for rising.

When done, chill before turning out. Serve with plain or whipped cream.

STEAMED INDIVIDUAL LEMON PUDDINGS

6 eggs
1 lemon (rind and juice)
⅓ lb. butter
⅓ lb. confectioner's sugar

Cream butter and sugar light, add well-beaten egg yolks, strained juice and grated rind of lemon. Put in double boiler, stir constantly until smooth. Remove from fire, let cool, then stir in stiffly-beaten egg whites.

Turn into well-buttered timbale or individual molds, place in pan of hot water. Bake in moderate oven thirty to forty minutes. If pudding is baked in one large mold, it will require about thirty minutes longer. Serve with custard sauce or whipped cream.

STEAMED APPLE PUDDING

1 pint flour
¾ cup milk (about)
5 medium size apples (cut in strips)
¼ cup butter
4 teaspoons baking powder
½ teaspoon salt
1 teaspoon sugar

Sift flour, baking powder, salt, and sugar together, work in butter with tips of fingers until crumbly, add milk gradually while mixing in with spoon, handle dough as little as possible. Turn on floured board, pat with hand and roll out in sheet one inch thick. Turn apples in center, sprinkle with one-third cup sugar mixed with one-half teaspoon cinnamon. Close dough securely around apples, then lift carefully and place in a buttered mold, five-pound lard pail, or buttered bag. Fasten securely. Steam or boil one and a quarter to one and a half hours. Serve hot with Foamy Hard Sauce or Chandeau sauce.

STEAMED INDIVIDUAL CHOCOLATE PUDDINGS

¼ lb. sweet chocolate
6 eggs
¼ cup orange juice
1 teaspoon vanilla
1 cup cold water
1 cup sugar
1 cup rolled bread crumbs

Dissolve chocolate in cold water, stir over fire until smooth. Beat light eggs with sugar, add chocolate, bread crumbs, orange juice and vanilla.

Bake in greased individual pudding molds in a pan of hot water in moderate oven. Serve cold with whipped cream.

SUET PUDDING

1 cup finely-chopped suet
1 cup molasses
1 cup milk
3 cups flour
1 cup seedless raisins
1 teaspoon soda
½ teaspoon allspice
¼ teaspoon nutmeg
1 teaspoon salt

Stir molasses and milk with suet, mix well. Sift flour, salt, spices and soda together, add to suet mixture. Stir in raisins. Turn into a buttered mold or bag, steam three hours. Serve hot with Hard sauce or any preferred sauce.

PLUM PUDDING

½ cup sugar
½ lb. finely-chopped suet
½ lb. seeded raisins
½ lb. cleaned currants
½ lb. stale bread crumbs
1 cup warm milk
2 tablespoons syrup
2 teaspoons baking powder
3 eggs
¼ lb. finely-cut citron
½ teaspoon cinnamon
⅓ teaspoon cloves
¼ teaspoon mace
1 teaspoon salt
1 oz. candied orange peel (cut in small pieces)

Soak bread in milk, let stand to cool. Beat egg yolks and sugar together very light, add syrup, soaked bread and milk. Roll raisins, currants and citron in flour, then add. Add salt, spices, and orange peel. Cream suet with the hand, then add other ingredients. Add stiffly-beaten egg whites, when thoroughly mixed, add baking powder. Turn into buttered bag or mold, boil steadily four to five hours. Serve with Hard or Brandy sauce. Pour rum or whisky around pudding before serving, and set burning when sending to table.

COCOA GELATINE PUDDING

1 qt. milk
2 eggs
¾ cup sugar
⅓ cup cocoa
⅔ cup cold water
2 tablespoons granulated gelatine
1 teaspoon vanilla

Soak gelatine in cold water ten minutes. Beat eggs and sugar together light. Dissolve cocoa in a little of the milk, add balance of milk to beaten eggs. Add dissolved cocoa.

Set gelatine over hot water to dissolve, stir into milk mixture. Cook in double boiler, stirring occasionally until thick custard. Remove from fire, add vanilla. Set in a pan of cold water, whip with egg whip until light and foamy. Turn in rinsed mold. Place on ice to harden. Serve with whipped cream.

CHOCOLATE GELATINE PUDDING

¼ lb. bitter chocolate
1 cup milk
1 cup sugar
½ cup cold water
5 eggs
2 tablespoons granulated gelatine
1 teaspoon vanilla

Soak gelatine in cold water fifteen minutes, dissolve over boiling water. Scrape chocolate, add milk, put over slow fire in saucepan, stir until smooth and thick as custard.

Beat egg yolks [illegible] sugar light and spongy, add cooked chocolate, fold in stiffly beat[illegible] egg whites. When well mixed, strain in the dissolved gelatine. Mix well, add vanilla. Turn in mold. Place in refrigerator to harden at least five hours.

Serve with border of sweetened whipped cream.

CHOCOLATE PUDDING RING

¼ lb. bitter chocolate
2 cups scalded milk
¾ cup sugar
4 eggs
2 tablespoons cocoa
2 teaspoons granulated gelatine
1½ teaspoons vanilla

Scald milk in double boiler. Break chocolate in pieces, set over hot milk to melt. Soak gelatine in two tablespoons cold water ten minutes, then dissolve over hot water. Beat egg yolks light, add sugar gradually, beating until spongy.

Mix cocoa, melted chocolate, and hot milk gradually, stirring smooth. Stir chocolate mixture gradually into beaten eggs. Add dissolved gelatine. Flavor with vanilla. Fold in stiffly-beaten egg whites.

Turn in rinsed ring mold. Place on ice to harden. Unmold. Serve with whipped cream in center of ring.

CARAMEL GELATINE PUDDING

¾ cup sugar
¾ cup cold water
½ cup hot water
2 egg whites
2 tablespoons granulated gelatine
½ cup cold water
1 tablespoon lemon juice

Melt sugar in saucepan over slow fire to brown liquid. Stir in the three-quarters cup cold water gradually, continue to cook slowly, stirring occasionally until thickened and there are no lumps.

Soak gelatine in one-half cup cold water ten minutes, stir hot water over to dissolve. Strain hot caramel water into dissolved gelatine, add lemon juice.

Set saucepan in cold water. When mixture is cold, whip in the very stiffly-beaten egg whites lightly with egg whip. Whip occasionally until mixture begins to set, then turn in rinsed mold. Place on ice to harden. Serve with custard sauce.

FRUIT GELATINE PUDDING

2 tablespoons granulated gelatine
1 teaspoon vanilla
4 eggs
¼ cup cut pecan meats
½ cup cold water
2 cups scalded milk
¼ cup seedless raisins
¼ cup finely-cut citron
½ cup sugar
Pinch salt

Soak gelatine in cold water ten minutes. Beat egg yolks and sugar together very light, stir in hot milk, cook in double boiler, stirring constantly until thick enough to coat spoon. Remove from fire, stir custard into soaked gelatine until dissolved, then strain and set saucepan in cold water to cool.

Put raisins and citron in a small saucepan, add one-quarter cup cold water, cook until all water is absorbed and fruit is softened. Cool, add fruit, also nuts to cold custard. Whip egg whites stiff, add to custard. Flavor with vanilla. Turn in rinsed mold, place on ice to harden, three to four hours. Serve with plain or whipped cream.

PRUNE PUDDING

1 lb. prunes
4 eggs
1 cup sugar
½ cup hot prune juice
1 tablespoon granulated gelatine
1 cup cut-up dates
¾ cup cut-up pecan meats
½ cup cold prune juice
Pinch salt

Wash prunes thoroughly, cover with cold water, cook soft. Strain, remove pits and mash through ricer. Put one-half cup liquid aside to cool. Soak gelatine in one-half cup cold prune liquid ten minutes. Stir hot prune liquid over to dissolve. Keep warm over hot water.

Beat egg yolks and sugar until grains do not show. Strain in dissolved gelatine while stirring, add salt. Add mashed prunes, mix well. Add nuts and dates, then fold in stiffly-beaten egg whites.

Turn in rinsed mold, place in refrigerator five hours or over night to harden.

Serve with sweetened whipped cream.

PRUNE GELATINE PUDDING

½ lb. prunes
1½ tablespoons granulated gelatine
1 tablespoon broken nuts
¾ cup sugar
⅓ cup lemon juice
¼ cup sherry wine
Candied cherries
Whipped cream
Cold water

Wash prunes, soak over night in cold water. Cook in same water in which they were soaked, until prunes are tender but not broken. Remove pits and cut in small pieces. Measure liquid in which prunes were cooked, if necessary add water to make one pint. Heat to boiling point.

Soak gelatine in one-half cup cold water ten minutes, stir boiling liquid over until dissolved. Add sugar, wine and lemon juice. When mixed, add prunes and nuts. Turn in rinsed mold, stir occasionally while congealing so that fruit will not sink to bottom. Place on ice to harden.

Unmold on flat platter, surround with border of sweetened whipped cream. Garnish with candied cherries.

SNOW PUDDING

2 egg whites
½ cup cold water
½ cup boiling water
1 cup crystallized cut-up cherries and pineapple
½ cup sugar
2 tablespoons vanilla
1¼ tablespoons gelatine
⅓ cup chopped pecans
Pinch salt

Soak gelatine in cold water ten minutes. Stir in hot water until dissolved. Beat egg whites to stiff, dry froth, add sugar gradually while beating to stiff meringue. Strain dissolved gelatine gradually into meringue while beating. Set bowl in a pan of cold water, beat until mixture is smooth, not stiff. Add salt and vanilla.

Sprinkle half the fruit and nuts on bottom of rinsed mold. Pour half egg mixture on top of fruit, then make another layer of fruit, nuts, and egg mixture. Place on ice to harden.

When ready to serve, turn on serving platter and surround with sweetened whipped cream, or serve with custard sauce.

NEAPOLITAN MARSHMALLOW PUDDING

4 egg whites
1½ tablespoons granulated gelatine
2 tablespoons lemon juice
½ cup boiling water
½ cup cold water
¾ cup sugar
Pinch salt

Soak gelatine in cold water ten minutes, pour boiling water over to dissolve, set aside to cool. Add salt to egg whites, beat very stiff adding sugar gradually. Add lemon juice, stir in cool gelatine.

Set pan in cold water, beat until beginning to set but not stiff. Separate mixture in three equal portions, tint one portion with orange coloring or cocoa, and one portion with red fruit coloring or pistache. Put one colored layer in bottom of rinsed mold, when set turn in white layer, then other colored layer. Place mold on ice about three hours to harden. Unmold. Serve with whipped cream sweetened slightly and flavored with vanilla.

MAPLE GELATINE PUDDING

2 egg yolks
2 cups milk
2 tablespoons granulated gelatine
1 cup maple syrup
1 teaspoon vanilla

Beat egg yolks light, add syrup, cook in double boiler ten minutes, stirring constantly to keep eggs from curdling. Add milk, stir until well incorporated. Remove at once from fire, let cool. Soak gelatine in cold water ten minutes, set over hot water until dissolved. Add to egg mixture. Turn in rinsed mold. Place on ice to harden. Serve with whipped cream.

MOCHA GELATINE PUDDING

1½ cups strong coffee
2 cups milk
½ cup sweet cream
⅔ cup sugar
1 tablespoon granulated gelatine
1 teaspoon vanilla
3 eggs

Soak gelatine in one-half cup milk. Mix balance of milk, coffee and cream together, put over slow fire to scald.

Beat egg yolks and sugar together light, stir in hot milk mixture gradually. Cook in double boiler, stirring constantly until beginning to thicken (not thick). Stir into soaked gelatine until dissolved. Set bowl in cold water until mixture cools, then fold in stiffly-beaten egg whites. Turn in rinsed mold, place on ice to harden. Unmold. Serve with sweet or whipped cream.

DELMONICO PUDDING

1 tablespoon granulated gelatine
¼ cup cold water
¼ cup sugar
1½ tablespoons sherry wine
8 stale macaroons (rolled)
2 eggs
2 cups milk
8 whole macaroons
¼ cup cut-up crystallized fruit
1 cup heavy cream, whipped

Soak gelatine in cold water ten minutes. Scald milk. Beat egg yolks and sugar very light, add scalded milk gradually while stirring. Turn in double boiler, cook while stirring until custard will coat spoon. Stir at once into soaked gelatine until dissolved. Set in pan of cold water until cool, then add sherry wine and macaroon crumbs. Fold in stiffly-beaten egg whites and whipped cream, add crystallized fruit except a few pieces to garnish. Rinse a square or melon mold with cold water, strew a little of the fruit in bottom, then turn in mixture. Place on ice four to five hours to harden. Serve with or without whipped cream.

INDIVIDUAL MACAROON PUDDINGS

3 eggs
12 macaroons
1½ tablespoons granulated gelatine
2 cups milk
½ cup sugar
2 tablespoons sherry
Pinch salt

Soak gelatine in milk thirty minutes, place over very slow fire, stirring constantly until milk is hot and gelatine dissolved. Remove at once from fire. Beat egg yolks and sugar very light and spongy. Add salt.

Stir gelatine mixture into egg mixture. Let cool. Add sherry or home-made wine. Fold in stiffly-beaten egg whites. Turn in rinsed individual molds lined with macaroons. Place in refrigerator four to five hours, or over night, to harden. Unmold when ready to serve and cover with whipped cream. Garnish with chopped nuts and candied cherries.

CABINET PUDDING

(12 Servings)

1 cup sugar
¾ cup sherry wine
¾ cup cold water
1 cup rolled macaroon crumbs
¾ cup cut-up pecan meats
6 eggs
1 slice candied pineapple (cut up)
¼ lb. candied cherries (cut up)
2 tablespoons granulated gelatine
Pinch salt

Soak gelatine in cold water fifteen minutes. Beat egg yolks light, add sugar gradually while beating until very light. Heat wine, stir into soaked gelatine until dissolved. Stir gelatine mixture in egg mixture. When well mixed, fold in stiffly-beaten egg whites to which a pinch of salt has been added. Mix well. When mixture is cool, stir in fruit, nuts, and macaroon crumbs. Turn in rinsed mold, place on ice six hours or over night to harden. Serve with border of whipped cream, garnished with cut candied cherries. Use half quantity ingredients for fewer servings.

CHAPTER XXIV

SAUCES FOR PUDDINGS AND DESSERTS

It is often said that "a good cook is known by the sauce she makes." That saying may be true, but all good cooks cannot make good sauces.

Great care must be taken in making sauces to have them neither too thick nor too thin. Most sauces require constant stirring to prevent being lumpy. If there is any danger of the sauce curdling, it should be cooked in a double boiler.

SAUCE SUPREME

½ cup orange juice
½ cup pineapple or other canned fruit juice
1½ teaspoons lemon juice
⅔ cup sugar
½ cup cold water
1 teaspoon cornstarch

Heat fruit juices, lemon juice and sugar to boiling point, add cornstarch dissolved in cold water, stir constantly until slightly thickened. Chill before using with pudding or over fruit cocktail.

VANILLA SAUCE

1 tablespoon butter
1 tablespoon flour
1 teaspoon vanilla
1 cup boiling water
¼ cup sugar
¼ cup sweet cream
Pinch salt

Melt butter, add flour until blended, stir in water gradually. Add salt and sugar, stir until slightly thickened and smooth. Add cream. Remove from fire, add vanilla. Serve warm over cake or pudding.

CUSTARD SAUCE

2 cups scalded milk
¼ cup sugar
2 eggs
1 teaspoon cornstarch
1 teaspoon vanilla

Beat eggs and sugar light, add hot milk gradually while stirring. Dissolve cornstarch in a little milk, add to egg mixture. Cook in double boiler, stirring until custard is thick enough to coat the spoon. Remove from fire, add vanilla. Cool before serving over cake or pudding.

FAVORITE SAUCE

½ cup butter
1 cup sugar
1 cup hot water
1 egg yolk
2 tablespoons sherry, home made wine, or 2 teaspoons vanilla

Cream butter and sugar together, add water gradually. Cook until thick as honey. Beat egg yolk light, add hot syrup gradually while stirring constantly. Add wine or vanilla. Serve warm over puddings, cake or fritters.

CHANDEAU SAUCE

Make same as favorite sauce, folding in the stiffly-beaten white of one egg after adding wine or vanilla.

EASY PUDDING SAUCE

1 cup scalded milk
½ cup sugar
½ teaspoon vanilla
1 egg
2 tablespoons butter
1 tablespoon flour
2 tablespoons cold water

Cream butter and sugar together, add well-beaten egg. Mash flour smooth with water, add to sugar mixture, add hot milk gradually while constantly stirring. Cook in double boiler, stirring until slightly thickened. Remove from fire, flavor with vanilla, add a pinch of salt. Cool before serving.

JELLY SAUCE

Add two tablespoons cold water to one glass fruit jelly, stir while simmering slowly until jelly and water are blended. Serve warm over fritters or pudding.

JELLY SAUCE No. 2

Melt currant or apple jelly over hot water, add two tablespoons liquor from maraschino cherries, and eight maraschino cherries chopped fine.

FOAMY SAUCE

¼ cup butter
½ cup sugar
1 egg white
2 tablespoons hot water
Dash nutmeg

Cream butter and sugar, add hot water gradually. When well mixed, fold in stiffly-beaten egg white. Flavor with nutmeg or whisky. Serve over fruit dumplings or plum pudding.

LEMON SAUCE No. 1

2 cups water
½ cup sugar
½ lemon rind (grated)
1 egg
3 tablespoons lemon juice
2 tablespoons cornstarch
2 tablespoons butter

Mix water, sugar, butter, lemon juice and rind together, cook ten minutes. Dissolve cornstarch in a little water, add to cooking mixture, stirring constantly until slightly thickened. Beat egg yolk slightly, strain in cooked mixture, stirring all the while. When well mixed, fold in stiffly-beaten egg white. Serve warm or cold.

LEMON SAUCE No. 2

1¼ cups milk
2 teaspoons cornstarch
1 tablespoon butter
3 tablespoons lemon juice
3 tablespoons confectioner's sugar
2 eggs
Pinch salt

Dissolve cornstarch in a little of the milk. Heat balance of milk, add dissolved cornstarch, stirring until very slightly thickened. Cream butter and sugar together, add egg yolks and salt, mixing well. Add hot milk mixture, stirring constantly. Cook in double boiler, stirring constantly until slightly thick. Stir in lemon juice just before removing from fire. Let cool slightly before adding stiffly-beaten egg whites. Serve warm or cold.

ORANGE SAUCE

½ cup orange juice
¾ cup cold water
½ cup sugar
2 teaspoons butter
2 teaspoons cornstarch
1 egg

Cook water, butter and sugar together to boiling point. Dissolve cornstarch in a little water, add to hot syrup, stirring until beginning to thicken, then add orange juice and stir until slightly thick. Stir over well-beaten egg yolk. When well mixed, fold in stiffly-beaten egg white.

CANNED FRUIT SAUCE

6 diced maraschino cherries
1 tablespoon liquor from cherries
Syrup from 1 or 2 cans of fruit
Sugar

Use any left-over syrup from canned fruit. Add sugar according to acidity of syrup. Cook until slightly thick, add cherries and maraschino liquor, simmer five minutes before serving.

FOAMY FRUIT SAUCE

1½ cups canned fruit syrup
1 tablespoon butter
1 egg
¼ cup sugar

Cook fruit juice, sugar and butter together until syrupy, pour gradually over slightly-beaten egg yolk. When well mixed, fold in stiffly-beaten egg white. Serve cold with puddings, fritters or cake.

WINE SAUCE

¾ cup wine
½ cup sugar
1 egg
⅓ cup boiling water
Small piece cinnamon bark

Cook wine, water, sugar and cinnamon together ten minutes. Stir gradually into slightly-beaten egg yolk. When well mixed fold in stiffly-beaten egg white.

HARD SAUCE

1 cup sugar
½ cup butter
1 teaspoon vanilla, or 2 teaspoons whisky

Cream butter soft, add sugar gradually until smooth and creamy. Flavor with whisky, vanilla or nutmeg. Chill in refrigerator till hard.

FOAMY HARD SAUCE

½ cup butter
1 cup sifted confectioner's sugar
½ teaspoon vanilla
1 teaspoon lemon juice
½ cup heavy cream

Mash butter soft, add sugar gradually, stirring smooth. Add cream very slowly while stirring. Add vanilla and lemon juice. Mix well. Sauce should be smooth and creamy. Place in refrigerator at least one hour before serving.

HOT CHOCOLATE SAUCE

2 squares bitter chocolate (⅛ lb.)
2 egg yolks
½ cup sugar
1 cup milk
½ teaspoon vanilla

Melt chocolate in double boiler over hot water, add milk very slowly while stirring, add sugar, stir while cooking until smooth. Stir in slightly-beaten egg yolks while sauce thickens. Remove from fire, flavor with vanilla. Serve while hot over cake or ice cream.

CARAMEL SAUCE

1½ cups sugar
½ cup hot water
½ cup milk
1 egg yolk
½ teaspoon vanilla

Spread sugar over bottom of a frying pan; move gently and constantly with a spoon when it begins to heat, to hottest part of pan so that it will melt and brown evenly to a brown liquid (not burnt), stir in water gradually until all lumps are dissolved. Add milk, stirring briskly to prevent curdling. Boil two minutes, then pour gradually over well-beaten egg yolk. When well mixed, fold in stiffly-beaten egg white. Flavor with vanilla.

CARAMEL MAPLE SAUCE

⅔ cup sugar
1 cup water
2 teaspoons maple flavoring
2 teaspoons cornstarch

Melt one-half cup sugar in frying pan, stirring until light brown liquid, add hot water gradually while stirring smooth. Add balance sugar, and cornstarch dissolved in a little cold water. Cook two minutes until slightly thickened. Add maple flavoring. Serve warm with cake or fritters.

CHAPTER XXV

ICES, ICE CREAMS AND FROZEN DESSERTS

If housewives will go about the preparation of frozen desserts in the right way, they will find that it requires little time and patience to prepare these delicious hot-weather dainties if the proper utensils are at hand. A good ice-cream freezer, burlap bag, hatchet or wooden mallet, coarse rock salt, and sufficient ice are necessary to accomplish the task well.

Crush the ice finely by placing in the bag and giving it a few blows with the flat side of the hatchet or mallet.

The can should be scalded and drained, then after pouring in mixture to be frozen, it should be placed in the wooden tub. Put in dasher and see that it sets properly in the hole, so as to revolve easily. Put on cover and fasten crank securely, turn crank to be sure that it is adjusted properly.

Have ready salt and ice, allowing one part salt to three of ice, pack solidly by packing down with handle of hatchet or mallet.

The mixture increases in bulk during freezing, so the can should never be more than three-fourths filled.

Ice cream and sherbet must be frozen slowly and steadily if you wish it to be smooth. It may be frozen more rapidly after it begins to harden. After turning the crank for a few minutes, the cover may be removed and cream cut down from the sides with a long knife or spoon. Cover carefully again and turn handle until it begins to be hard to turn, then uncover, remove dasher, scrape and pack down frozen mixture with a spoon. Put back cover and stop hole in top with a cork or paper stopper. Drain off water, repack, if necessary, with salt and ice. Cover with newspaper or burlap sack and let stand in a cool place one hour or more to ripen.

TO LINE A MOLD

First let the closed mold stand in rock salt and ice until thoroughly chilled, then remove top, put in frozen mixture by spoonfuls; pack with back of spoon, and spread evenly over sides and bottom, about one inch thick. The other mixture can then be poured in easily and the mold buried in salt and ice until ready for use.

TO MOLD FROZEN MIXTURE

When frozen mixtures are to be packed in molds, they should be frozen only to the firm stage and not too hard, so that they may be packed firmly and solidly. Pack mold to overflowing so that mixture will run down sides when top is pressed down. Cover with waxed paper, then put on tight-fitting top. Repack in salt and ice, using two parts salt to two of ice. Cover with burlap sack or newspapers until ready to serve.

TO MOLD MOUSSE OR UNFROZEN MIXTURE

Let the closed mold stand in the bucket or pan of crushed ice and salt to chill thoroughly. Remove top, pour in mixture to overflowing, cover with waxed paper, then with top. Bury mold in salt and ice, let stand three to four hours. It may be necessary to repack, especially in warm weather. If so, drain off water and add more ice and salt.

ORANGE ICE

2 cups sugar
2 cups orange juice
¼ cup lemon juice
4 cups water
2 thin yellow orange rinds

Mix sugar and water until dissolved. Add sliced yellow rind (no white skin), cook fifteen minutes, until slightly syrupy. Remove from fire, strain and let cool. Add orange and lemon juice. Freeze.

LEMON ICE

2 cups sugar
½ cup lemon juice
5 cups cold water

Chip off thin yellow rind from one lemon, being careful not to get bitter white part. Mix water and sugar together, add chipped rind. Boil fifteen minutes until slightly syrupy. Let cool, add lemon juice. Strain and freeze.

APRICOT ICE

3 lb. can apricots
1 qt. water
1 tablespoon granulated gelatine
1¼ cups sugar
4 lemons
½ cup cold water

Boil sugar, water and thin yellow rind of two lemons together fifteen minutes. Soak gelatine in one-half cup cold water ten minutes.

Strain boiling syrup over soaked gelatine, stir until dissolved.

Pour gelatine mixture over apricots. Add lemon juice. Mash mixture through sieve. Let cool, then freeze.

RASPBERRY ICE No. 1

Make same as apricot ice, using two-pound can red raspberries.

RASPBERRY ICE No. 2

2 lb. can red raspberries
2 juicy lemons
2 cups sugar
2½ cups boiling water

Turn raspberries in bowl, squeeze in lemon juice, add rind, pour boiling water over, let stand twenty minutes. Mash through fine sieve. Add sugar and let stand at least one hour before freezing.

STRAWBERRY ICE

1 qt. strawberries
1½ cups sugar
2 cups water
1 tablespoon lemon juice

Sprinkle strawberries with sugar, cover and put aside two hours. Mash, squeeze through cheesecloth bag. Add water and lemon juice. Freeze.

RED CURRANT ICE

2 cups juice from currants
2½ cups sugar
2½ cups water

Secure ripe, red currants. Wash and pick from stems. Press through fine sieve. Measure required quantity juice.

Boil water and sugar to rather thick syrup (not sugary). Remove from fire. When cold, add currant juice and freeze solid. Serve in sherbet glasses with meat course.

TUTTI FRUTTI ICE

1 lb. can white cherries
2 lb. can sliced pineapple
3 ripe yellow peaches
1 large, ripe banana
1 cup orange juice
½ cup lemon juice
1¼ cups sugar
3½ cups cold water

Drain cherries from syrup, remove pits and cut in half. Drain pineapple, cut in small dice pieces. Peel peaches and bananas, cut in small dice pieces.

To syrup drained from fruit, add orange and lemon juice, water and sugar. Mix well. Add fruit and freeze.

ORANGE SHERBET

5 large, juicy oranges
2 lemons
1 egg white
1½ cups sugar
4 cups boiling water
2 tablespoons sifted confectioner's sugar

Squeeze juice from oranges and lemons. Pour hot water over rinds, let stand ten minutes, strain, add sugar, lemon and orange juice. When cold, freeze almost hard, then add egg white beaten stiff with confectioner's sugar and give freezer a few more turns.

ORANGE CREAM SHERBET

1 teaspoon granulated gelatine
½ cup cold water
3 cups boiling water
2¼ cups sugar
1½ cups orange juice
2 eggs
1 pint heavy cream
2 teaspoons grated orange rind
1 cup lemon juice

Soak gelatine in cold water ten minutes, stir boiling water over until dissolved; add sugar and orange rind. Let stand until cool. When cold strain and add strained lemon and orange juice. Freeze until thick as mush.

Beat egg yolks very light. Whip cream stiff, add to yolks. Whip whites stiff, add to cream mixture. Add to half-frozen sherbet, continue freezing until solid. Cover and let stand one hour to ripen.

LEMON SHERBET

½ cup lemon juice
4 tablespoons confectioner's sugar
4 cups boiling water
2 cups sugar
2 egg whites

Squeeze juice from lemons. Pour boiling water over rinds. Let stand ten minutes. Strain, let cool. Add lemon juice and sugar. Freeze until beginning to harden. Beat egg whites stiff, add confectioner's sugar. Add to half-dozen mixture and give a few more turns.

PEACH SHERBET

3 lb. can peaches (in heavy syrup)
2 lemons
1 egg white
1¼ cups sugar
3 cups cold water
2 tablespoons confectioner's sugar

Boil water and sugar slightly syrupy. Let cool. Mash peaches with syrup through ricer; add lemon juice and cold syrup.

Freeze almost solid. Beat egg white stiff, add confectioner's sugar. Add to half-frozen peaches, give a few more turns.

RASPBERRY SHERBET

1½ cups sugar
2 pints cold water
2 egg whites
¼ cup lemon juice
2 lb. can red raspberries in heavy syrup

Boil sugar and one pint water fifteen minutes, pour over raspberries. Mash through fine sieve to extract seeds. Stir in balance water, add lemon juice, set aside to cool.

When ready to freeze, add stiffly-beaten egg whites and freeze.

APRICOT SHERBET

3 lb. can apricots
2 egg whites
2 tablespoons lemon juice
1 cup sugar
1½ cups water

Mash apricots through colander or coarse sieve. Boil sugar and water syrupy (not thick). Pour hot syrup over strained apricots, mix well, add lemon juice. Let cool. Whip egg whites stiff, add to mixture and freeze.

APRICOT CREAM SHERBET

3 lb. can apricots
1 lemon (juice)
3 eggs
1 cup sugar
1¾ cups cold water
1½ cups thin cream

Squeeze apricots through ricer or sieve. Add water, lemon juice and one-half cup sugar. Beat egg yolks and balance of sugar light, stir in stiffly-beaten egg whites. Add apricot mixture to egg mixture, freeze.

When half frozen, add cream; continue freezing until solid.

Peaches or crushed pineapple may be used in place of apricots.

STRAWBERRY SHERBET

1 qt. strawberries
1 qt. cold water
2 egg whites
2 cups sugar
2 tablespoons lemon juice
4 tablespoons confectioner's sugar

Wash, pick stems from berries and mash with sugar. Put aside two hours. Add lemon juice and water. Mash through fine sieve.

When half frozen, add stiffly-beaten egg whites to which confectioner's sugar was added. Continue the freezing until solid.

GRAPE JUICE SHERBET

3 cups water
2 cups grape juice
3 tablespoons confectioner's sugar
1 cup sugar
2 egg whites
3 tablespoons sherry

Boil together ten minutes, water and sugar. When cold, add grape juice. Freeze. When almost frozen, remove dasher, add egg whites beaten stiff with confectioner's sugar. Stir in sherry wine. Repack and set aside one hour.

MILK SHERBET

2 qts. milk
2 egg whites
3 tablespoons confectioner's sugar
⅔ cup lemon juice
1½ cups sugar

Add sugar to milk, cook in double boiler thirty minutes, stirring occasionally. Remove from fire, let cool. When cold, freeze until mushy, then stir in lemon juice. Freeze until solid, add egg whites beaten stiff with confectioner's sugar. Give a few more turns to freezer. Let stand thirty minutes to ripen.

FROZEN PEACHES OR APRICOTS

1 can peaches or apricots (in heavy syrup)
1½ cups sugar
2 cups heavy cream (whipped)

Drain fruit from syrup, cut in small pieces. Add sufficient water to fruit syrup to make three and one-half cups. Cook with sugar ten minutes. Add to fruit, cool, and freeze. When stiff as mush add whipped cream and give a few more turns to freezer.

FROZEN FRUIT IN CAN

Remove paper from unopened can of peaches, apricots, pears, pineapple chunks, or fruit salad. Pack in ice and rock salt three and one-half to four hours. Remove can from ice, wipe off carefully, then open quickly with a can-opener, cutting all around just below the top. Slip frozen fruit on cold platter. Serve at once, sliced and topped with whipped cream.

FROZEN CUSTARD

1 qt. milk
½ cup sugar
4 eggs
2 teaspoons cornstarch
1 teaspoon vanilla

Dissolve cornstarch in one-half cup milk. Scald balance milk in double boiler. Beat eggs and sugar together very light, add hot milk gradually. Cook in double boiler until well heated, add dissolved cornstarch and stir until thick. Set aside to cool, flavor with vanilla and freeze.

FROZEN ALMOND CUSTARD

1 qt. milk
¾ cup sugar
4 eggs
¼ lb. shelled almonds
2 teaspoons vanilla

Scald milk. Beat sugar and eggs together very light. Add hot milk gradually. Cook in double boiler, stirring until thickened. Set aside to cool. Blanch almonds, parch very light brown in oven, then grind fine. All to cold custard, add vanilla, and freeze.

Serve in tall, thin glasses topped with whipped cream. One cup drained, grated pineapple may be added to custard instead of almonds if preferred.

VANILLA ICE CREAM

1 pint heavy cream (whipped)
4 eggs
2 teaspoons vanilla
3 cups milk
½ cup sugar

Scald milk in double boiler. Beat eggs and sugar very light, add hot milk gradually. Return to double boiler, stir until thickened. Mash through fine sieve. Let cool. When ready to freeze, add vanilla and fold in whipped cream.

This cream will serve as a basis for almost any ice cream. Fruits may be mashed and added when cream is half frozen. Coffee, chocolate, or other flavoring may be used instead of vanilla.

FRENCH ICE CREAM

6 egg yolks
1 cup sugar
1 qt. rich milk
1 pint heavy cream
2 teaspoons vanilla
Pinch salt

Scald milk in double boiler. Beat egg yolks light, add salt. Add sugar gradually, beat very light and lemon colored. Pour hot milk gradually in beaten yolks, stirring all the time. Cook in double boiler, stirring until thick enough to coat spoon. Strain through fine sieve. Set aside to cool. Add flavoring and whipped cream just before freezing.

This cream may be used as foundation for any cream or may be

served with chocolate sauce or other hot sauce poured over for a sundae.

Serves twelve portions. Use half ingredients for smaller quantity.

DELICATE ICE CREAM

1 pint heavy cream
½ cup sifted confectioner's sugar
2 egg whites
Flavoring

Whip cream stiff, adding sugar gradually. Fold in stiffly-beaten egg whites. Flavor with vanilla, sherry or maraschino cordial, then freeze.

MARSHMALLOW ICE CREAM

4 whole eggs
2 egg whites
⅔ cup sugar
1 teaspoon vanilla
1 qt. milk
1 pint heavy cream (whipped)
½ lb. fresh marshmallows

Add one-half cup milk to marshmallows, put in double boiler, stir occasionally until melted and smooth, then put aside.

Scald balance milk. Beat whole eggs and sugar together light and spongy, add hot milk gradually. Cook in double boiler, stirring until thick. Remove from fire, strain through fine sieve. Set aside to cool.

Add dissolved marshmallows to cold custard, mix well. Fold in stiffly-beaten egg whites and whipped cream. Flavor with vanilla. Freeze.

DELICATE MARSHMALLOW ICE CREAM

½ lb. marshmallows
1 pint heavy cream
12 marshmallows (cut up)
2 egg whites
¾ cup cold milk
2 tablespoons sifted confectioner's sugar

Put marshmallows in double boiler over hot water; add cold milk, stir occasionally until dissolved and smooth. Set aside to cool.

Whip cream with sugar until stiff. Whip egg whites stiff. Stir marshmallow paste in whipped cream, add stiffly-beaten egg whites. Flavor with vanilla. Freeze.

When almost frozen, remove dasher, cut cream down from sides of freezer, stir in cut-up marshmallows and repack one hour to ripen.

If desired, broken nuts may be added.

PEACH ICE CREAM

1 qt. soft, ripe peaches
1 pint heavy cream (whipped)
4 eggs
1 cup sugar
3 cups milk

Peel peaches, cut and mash; add one-half cup sugar, cover and set aside one hour. Scald milk. Beat eggs and sugar very light, add hot milk. Cook in double boiler, stirring until thick. Remove from fire, strain through fine sieve, put aside to cool.

When cold, add peaches. Fold in whipped cream. Freeze. Let stand one hour to ripen.

Three-pound can peaches may be used instead of fresh peaches. Drain and mash through sieve before adding to custard.

APRICOT ICE CREAM

Make same as peach ice cream, using three-pound can best apricots.

PINEAPPLE ICE CREAM

2 lb. can grated pineapple
1 pint milk
1 pint heavy cream (whipped)
3 eggs
¾ cup sugar

Scald milk. Beat eggs and sugar light, add hot milk. When well mixed, cook in double boiler until thick as custard. Remove from fire, strain and cool. When cold, add pineapple and whipped cream. Freeze.

ORANGE ICE CREAM

3 cups milk
1 pint heavy cream (whipped)
1 grated orange rind
4 eggs
1 cup sugar
1 cup orange juice

Scald milk. Beat eggs and sugar light, add hot milk, then grated orange rind. Mix well. Cook in double boiler until custard coats spoon. Strain through fine sieve. Let cool. When cold, add whipped cream. Freeze until thick as mush, then add orange juice, continue freezing until solid.

STRAWBERRY ICE CREAM

1 qt. ripe strawberries
1 pint heavy cream (whipped)
3 eggs
3 cups milk
1½ cups sugar

Wash and pick berries, cover with half the sugar, let stand two hours.

Scald milk. Beat eggs and balance of sugar light, add hot milk. When well mixed, cook in double boiler until custard coats spoon. Remove from fire, strain through sieve, let cool.

Mash berries through coarse sieve, add to cold custard. Fold

in whipped cream. If desired, a few drops of fruit coloring may be added to give red color. Freeze.

When serving, put a few select berries on top of each serving.

FIG ICE CREAM

3 cups milk
1 pint heavy cream (whipped)
2 qts. ripe figs
3 eggs
1 teaspoon vanilla
1¼ cups sugar

Peel figs, mash well, stir in one-half cup sugar, put in refrigerator one hour.

Scald milk. Beat eggs and balance of sugar very light. Add hot milk gradually. Cook in double boiler, stirring constantly until thickened. Strain, put aside to cool.

Add figs, vanilla, and fold in whipped cream. Freeze.

BANANA ICE CREAM

3 cups scalded milk
1½ cups heavy cream (whipped)
¾ cup sugar
3 eggs
1¼ cups banana pulp
¾ cup cold milk

Beat eggs and sugar very light, add hot milk gradually. Cook in double boiler, stirring until thickened. Remove from fire, strain through sieve, let cool.

Press bananas through fine sieve, measure required quantity, add cold milk, mixing smooth, then add to cold custard. Fold in whipped cream and freeze.

COFFEE ICE CREAM

1 pint strong coffee
1 pint heavy cream (whipped)
1½ cups milk
5 eggs
1¼ cups sugar
1 teaspoon vanilla

Scald milk. Beat eggs and sugar together very light, add scalded milk gradually. Stir while cooking in double boiler until thickened. Remove from fire. When cold, add coffee and fold in whipped cream. Flavor with vanilla and freeze.

CHOCOLATE ICE CREAM

¼ lb. bitter chocolate
4 eggs
2 teaspoons vanilla
3 cups milk
1 cup sugar
1 pint heavy cream (whipped)

Scrape chocolate, melt over hot water. Scald milk in double boiler. Beat eggs and sugar together light. Add two cups hot milk

gradually. Cook in double boiler, stirring smooth. Stir other cup hot milk gradually in melted chocolate until perfectly smooth, then add to custard in double boiler, letting all get thick and smooth together. Remove from fire, add vanilla, set aside to cool.

When cold, fold in whipped cream and freeze.

BUTTERSCOTCH ICE CREAM

4 level tablespoons fresh butter
1¾ cups medium brown sugar
1½ teaspoons vanilla
5 eggs
1 qt. milk
1 pint heavy cream
Pinch salt

Put one cup milk aside, scald balance in double boiler. Beat eggs very light. Heat butter in saucepan; when melted and very hot, stir in sugar gradually and constantly until well mixed and mixture does not cling to pan. Add reserved cup milk gradually, stirring constantly until slightly thickened. Remove from fire, stir into beaten eggs. Add hot milk gradually. Add salt. Cook five minutes in double boiler. Put aside to cool. When cold, flavor with vanilla. Fold in whipped cream and freeze.

CARAMEL ICE CREAM

3 cups milk
1 cup sugar
¼ cup hot water
1 pint heavy cream (whipped)
2 eggs
2 teaspoons vanilla
Few grains salt

Scald milk. Beat eggs and half sugar very light, add salt. Stir hot milk in egg mixture. Cook in double boiler, stirring until thickened, remove from fire. In the meantime, put balance of sugar in skillet or saucepan, let melt slowly until dark, but not burned. Stir in hot water until smooth and slightly thickened, then pour into hot custard. Let cool. Flavor with vanilla, fold in whipped cream and freeze.

PRUNE ICE CREAM

½ lb. cooked prunes
1 teaspoon vanilla
¾ cup sugar
1 pint heavy cream (whipped)
5 egg whites

Remove pits from prunes, press through ricer or sieve. Add sugar, mix well. Whip egg whites very stiff, fold in prunes. Add vanilla. Fold in whipped cream and freeze.

MAPLE ICE CREAM

4 eggs
½ cup rolled pecans or walnuts
1 cup maple syrup
1 pint heavy cream (whipped)
Pinch salt

Beat eggs light and lemon colored, add maple syrup and salt. Cook in double boiler, stirring until thickened. Remove from fire, stir until mixture is cool and foamy. Add whipped cream and freeze. When mushy, remove dasher, cut cream down from sides, stir in nut meats, and let stand one hour to ripen.

PISTACHIO ICE CREAM

3 cups milk
3 cups heavy cream (whipped)
⅓ cup finely-chopped, peeled pistachio nuts
¾ cup sugar
3 eggs
1 teaspoon almond flavoring
1 teaspoon vanilla
Green coloring
Pinch salt

Scald milk. Beat eggs and sugar very light, add scalded milk, mixing well; add salt. Cook in double boiler, stirring constantly until thick enough to coat spoon heavily. Remove from fire, strain and cool. Fold in whipped cream, nuts and flavoring. Add just enough coloring to make desired shade of green. Freeze as usual.

TUTTI-FRUTTI ICE CREAM

3 cups scalded milk
1 pint heavy cream (whipped)
12 stale macaroons (rolled)
¾ cup sugar
1 tablespoon sherry wine
1½ teaspoons vanilla
4 eggs
16 candied cherries
1½ slices candied pineapple
Small pinch salt

Beat eggs and sugar together very light, add hot milk gradually. Add salt. Cook in double boiler, stirring constantly until smooth and thick. Strain through fine sieve, let cool. Add macaroon crumbs, and fruit cut in very small pieces. Add flavoring. Fold in whipped cream and freeze.

POPULAR ICE CREAM

4 eggs
10 fresh marshmallows
8 maraschino cherries
4 marrons
1 tablespoon sweet cream
3 cups scalded milk
⅔ cup sugar
½ cup chopped pecans
1 pint heavy cream (whipped)
1 tablespoon sherry wine

Beat egg yolks and sugar very light, add stiffly-beaten whites, mix well, add hot milk gradually. Cook in double boiler, stirring until

custard coats spoon thickly. Strain through fine sieve. While custard is cooking, cut marshmallows, cherries and marrons in small pieces, add sweet cream, put in small saucepan in another one of hot water, stir until fruit is soft, then add to hot custard after straining. Let cool. Add sherry and nuts. Freeze or pack in mold in rock salt and ice four to five hours.

COOPER CARLTON ICE

Fill tall, thin glasses, or champagne glasses, with rich vanilla ice cream. Cover with slightly sweetened whipped cream flavored with pistachio flavoring and tinted slightly with green fruit coloring. Garnish top with a few finely-chopped pistachio nuts.

PINEAPPLE BISQUE

When ready to serve, put a tablespoon canned grated pineapple in bottom of champagne glasses. Fill with vanilla ice cream, and place a maraschino cherry on top. Serve at once.

FROZEN DAINTY

Put one tablespoon finely-cut, canned, sliced pineapple in thin glasses. Fill almost full with chocolate ice cream. Put a spoonful whipped cream on top, and place a maraschino cherry in center of cream. Any desired flavor ice cream may be substituted for chocolate.

FRUIT JACK

Cut in small pieces one grapefruit (being careful not to mix in any of white skin), one large orange, one small can sliced pineapple, and one cup pecan and English walnut meats. Mix and sugar slightly. Place on ice until thoroughly chilled.

When ready to serve, put a tablespoon mixture in thin glasses and fill with vanilla ice cream.

Garnish top with a crystallized cherry. Any preferred fruit may be substituted for above.

BERRY PARFAIT

Fill parfait glasses two-thirds full with vanilla ice cream, place on top sufficient fresh, ripe strawberries or raspberries to fill glass. Berries should be thoroughly washed, dusted with confectioner's sugar and chilled before using. Put a liberal spoonful sweetened whipped cream on top of berries. Serve ice cold.

STRAWBERRY PARFAIT

1 qt. fresh strawberries
1½ cups sugar
1 pint heavy cream (whipped)
2 egg whites

Pick over and wash berries, mash thoroughly with sugar, let stand in refrigerator two hours. Whip egg whites very stiff, add to whipped cream. Mash berries through fine sieve, add cream and egg mixture and freeze. When stiff as mush, remove dasher. Do not freeze hard.

Serve in tall, thin glasses with a spoonful whipped cream on top. Top with a few select berries.

RICH STRAWBERRY PARFAIT

6 eggs
1 cup evaporated milk
1 qt. heavy cream (whipped)
1 qt. strawberries
1½ cups sugar

Mash berries through ricer, add one-half cup sugar, let stand one hour. Beat eggs very light with one cup sugar, add evaporated milk. Cook in double boiler, stirring until thick and smooth. Set aside to cool. Mix custard and berries, fold in whipped cream. Freeze solid but not hard. Serve in parfait glasses. Top with a few select berries.

COFFEE PARFAIT

1½ cups cold, black coffee
1½ cups heavy cream (whipped)
1 cup sugar
2 egg whites
1 teaspoon vanilla
1 cup cold water
Maraschino cherries
Pinch salt

Cook sugar and water together until beginning to thread. Add salt to egg whites, whip very stiff, pour hot syrup in a thin thread into whites while beating until cold. Add coffee and vanilla. Mix well. Let cool. Add whipped cream, freeze stiff but not solid.

Serve in parfait glasses topped with a tablespoon whipped cream and a maraschino cherry.

MACAROON PARFAIT

1 cup rolled macaroon crumbs
French ice cream

Add crumbs to French ice cream. Freeze (not too stiff). Serve in parfait glasses. Top with a spoonful whipped cream and macaroon crumbs. Serve at once.

MAPLE PARFAIT

3 eggs
2 cups milk
1 teaspoon vanilla
1 pint heavy cream (whipped)
2 cups maple syrup
1 cup rolled pecan or walnut meats

Beat eggs very light. Add syrup gradually. Add milk and vanilla. Fold in whipped cream. Freeze solid, but not hard. Serve in parfait glasses with a teaspoon nuts over each portion.

VANILLA MOUSSE

¾ cup sugar
1 cup water
1 cup rolled macaroon crumbs
6 eggs
1 pint heavy cream (whipped)
1 tablespoon vanilla
Candied cherries

Boil sugar and water until it threads, pour at once over very lightly-beaten egg yolks. Add macaroon crumbs and vanilla. Fold in stiffly-beaten egg whites and whipped cream. Pack in mold in rock salt and ice four hours.

When ready to serve, unmold on platter, sprinkle liberally with reserved macaroon crumbs, and garnish with candied cherries.

PINEAPPLE MOUSSE

1 pint heavy cream (whipped
4 tablespoons sifted confectioner's sugar
1 can sliced pineapple
Candied cherries
Crystallized ginger
Few grains salt

Whip cream stiff, add sugar gradually. Drain liquor from pineapple. With a knife and fork, shred pineapple very fine, add to whipped cream, add salt. Pack at once in mold in ice and coarse salt, three to four hours. Unmold on flat platter, garnish with candied cherries and thin strips crystallized ginger.

MARSHMALLOW PINEAPPLE MOUSSE

20 fresh marshmallows
1 pint heavy cream (whipped)
2 lb. can crushed or grated pineapple

Cut marshmallows in half, add pineapple. Let stand in mixing bowl over night in refrigerator. Next morning, whip mixture light with egg whip, then fold in stiffly-whipped cream. Turn in mold, cover with waxed paper. Pack in rock salt and ice three to four hours.

RASPBERRY MOUSSE

1 pint heavy cream (whipped)
1 lb. can red raspberries (in heavy syrup)
½ cup sugar
⅓ cup orange juice

Mash raspberries with syrup through fine sieve, add sugar and orange juice. Let stand long enough for sugar to dissolve. Whip cream very stiff in large bowl, add raspberry mixture gradually, using egg whip. Turn in mold, cover with wax paper before putting on top. Pack in rock salt and ice four hours.

Fresh, ripe raspberries may be used in place of canned.

QUICK STRAWBERRY MOUSSE

1 qt. ripe, fresh strawberries
1½ pints heavy cream (whipped)
1⅓ cups sugar

Wash and pick berries. Mash with sugar. Let stand two hours. Fold in whipped cream. Fill mold. Pack in rock salt and ice four hours.

CANNED STRAWBERRY MOUSSE

1 can strawberries
1 pint heavy cream (whipped)
2 egg whites
½ cup sugar

Mash berries through sieve, stir in sugar. Whip egg whites very stiff, add to berries. Fold in whipped cream. Pack in mold in rock salt and ice four hours.

PEACH MOUSSE

1 qt. fresh, yellow free-stone peaches
¾ tablespoon granulated gelatine
1½ tablespoons lemon juice
1 cup sugar
1 cup heavy cream (whipped)
¼ cup cold water

Cut peaches in small pieces, add sugar and lemon juice, let stand one hour, then press through ricer or fine sieve.

Soak gelatine in cold water ten minutes, set over hot water to dissolve. Stir into peach mixture. Place pan in cold water until *beginning* to thicken, then fold in whipped cream. Turn in mold, pack in salt and ice three and one-half to four hours.

CHOCOLATE MOUSSE No. 1

1 pint heavy cream (whipped)
¾ cup sugar
3 squares bitter chocolate (little less than ¼ lb.)
3 eggs
4 tablespoons milk
1 teaspoon vanilla
Tiny pinch salt

Cut or scrape chocolate in small pieces, add sugar and milk; stir while cooking over slow fire until smooth and thick as custard. Let cool slightly.

Beat egg yolks very light, add chocolate mixture, stir well, add vanilla. Add salt to egg whites, beat very stiff, add to mixture. Fold in whipped cream. Turn in mold. Pack in salt and ice three and one-half to four hours.

If desired, mold may be lined with lady fingers or macaroons before putting in mousse.

CHOCOLATE MOUSSE No. 2

3 eggs
1 tablespoon granulated gelatine
3 squares bitter chocolate (a little less than ¼ lb.)
1 pint heavy cream (whipped)
¾ cup sugar
¼ cup cold water
1 teaspoon vanilla

Soak gelatine in cold water ten minutes, dissolve over hot water. Break chocolate in small pieces, melt over hot water.

Beat egg yolks and sugar very light. Add dissolved gelatine, then melted chocolate. Fold in stiffly-beaten egg whites. Add vanilla, fold in whipped cream. Turn in mold, pack in salt and ice three to four hours.

ORANGE MOUSSE

3 eggs
1 cup sugar
1 pint heavy cream (whipped)
1¾ cups orange juice
2 teaspoons grated orange rind

Beat eggs very light, add sugar gradually until spongy and no grains show. Add orange juice and rind. Fold in whipped cream. Turn into mold, cover with wax paper and top. Pack in rock salt and ice three and one-half to four hours.

MAPLE MOUSSE

3 eggs
1 teaspoon vanilla
1 pint heavy cream (whipped)
2 tablespoons rolled macaroons
½ cup cold water
⅓ cup sugar
1 cup maple syrup
1 tablespoon granulated gelatine
Pinch salt

Soak gelatine in cold water ten minutes. Put over hot water to dissolve. Beat eggs and sugar very light, add maple syrup, vanilla and salt; mix well. Add dissolved gelatine. Set bowl in cold water, whip with egg whip until beginning to thicken, then fold in whipped

cream and macaroon crumbs. Turn in mold, pack in salt and ice three to four hours.

COFFEE MOUSSE

3 eggs
½ cup sugar
1 teaspoon vanilla
½ cup cold, strong coffee
1½ cups heavy cream (whipped)
Tiny pinch salt

Beat egg yolks very light, add sugar gradually, beating until grains disappear. Stir in coffee gradually, cook in double boiler, stirring until slightly thickened, let cool, fold in stiffly-beaten egg whites, add vanilla and salt. Fold in whipped cream. Pour into mold, pack in rock salt and ice three to three and one-half hours.

MARSHMALLOW MOUSSE

½ lb. marshmallows
1 pint heavy cream
3 egg whites
¼ lb. chopped candied fruits
¼ cup cold milk
⅓ cup confectioner's sugar
¼ cup blanched almonds (parched and rolled)

Put marshmallows in double boiler, add cold milk, stirring occasionally until dissolved. Whip cream stiff with sugar. Add melted marshmallows. Mix smooth. Fold in stiffly-beaten egg whites, add almonds and candied fruit. Flavor with vanilla.

Turn in mold, pack in rock salt and ice four hours.

SUNDAES

No. 1. Fill a sundae glass two-thirds full with vanilla or chocolate ice cream; cover with rolled macaroon crumbs and rolled nuts. Top with whipped cream.

No. 2. Cover vanilla ice cream with chopped, preserved pineapple, top with whipped cream.

No. 3. Cover vanilla ice cream with diced, canned peaches or apricots, pour a spoonful of the fruit syrup over, top with whipped cream.

No. 4. Cover vanilla ice cream with five fruits syrup. Top with whipped cream, then place a cherry on top.

No. 5. Cover vanilla ice cream with hot chocolate sauce, top with whipped cream, sprinkle with rolled pecans.

No. 6. Cover vanilla ice cream with fresh strawberries or raspberries that have been crushed, sweetened and chilled.

Use any of the following sauces over ice cream for making sundaes. Use chocolate sauce over chocolate ice cream for double chocolate sundae.

SUNDAE SAUCES

Hot Chocolate Sauce (Without Eggs)

⅛ lb. bitter chocolate
1 teaspoon vanilla
1 teaspoon butter
¾ cup sugar
¾ cup boiling water

Break or scrape chocolate, melt in saucepan over hot water, add boiling water, butter and sugar. Mix well. Cook over slow fire ten to fifteen minutes, stirring until thickened (not thick). Add vanilla just before serving. Sauce should be kept over warm water until ready to serve over cream.

Hot Fudge Sauce

2 cups sugar
1 cup milk
1 teaspoon vanilla
1 tablespoon butter
⅛ lb. bitter chocolate (scraped)

Cook milk and sugar together about ten minutes, stirring constantly. Add chocolate, stir until *beginning* to thicken. Add butter, mix well. Remove from fire, add vanilla. Keep warm until ready for use. Chopped nuts may be added before serving if desired.

Maple Syrup Sauce

Put one cup maple syrup in saucepan, let boil six to eight minutes until syrupy (not too thick). Pour hot syrup over one-half cup finely-cut pecan meats. Set aside until cold. Serve over vanilla ice cream, top sundae with whipped cream.

Hot Maple Nougat Sauce

1 cup scraped maple sugar
1 cup granulated sugar
½ cup thin cream
2 teaspoons butter
½ teaspoon vanilla
¼ cup chopped nuts

Mix maple sugar, granulated sugar and cream in saucepan. Cook until it forms a soft ball when dropped in cold water. Just before removing from fire, stir in butter and vanilla. Add nuts just before serving. Serve hot over ice cream.

Brown Sugar Maple Sauce

1 cup light brown sugar
1 cup sweet cream
1 teaspoon cornstarch
1 tablespoon butter
½ teaspoon vanilla

Mix sugar and cream together. Add butter. Cook in saucepan, stirring constantly ten minutes. Dissolve cornstarch in one table-

spoon milk, add to sugar mixture, stir until slightly thickened. Remove from fire, flavor with vanilla.

Serve hot over ice cream. Broken pecan meats may be added just before removing from fire.

Mocha Sauce

1 cup strong black coffee
⅓ cup sugar
½ cup chopped pecan meats
2 teaspoons cornstarch
½ teaspoon vanilla
3 tablespoons sweet cream

Add sugar to coffee, let come to boil. Dissolve cornstarch in cream, add to boiling coffee, stir until slightly thickened. Add nuts just before removing from fire. Flavor with vanilla. Serve cold over ice cream or puddings.

Hot Marshmallow Sauce

Melt fourteen marshmallows in double boiler with one-quarter cup milk. Mix one tablespoonful confectioner's sugar with one-half tablespoon milk, add to melted marshmallows, stir until slightly thickened. Remove from fire, flavor with one-half teaspoon vanilla. Serve hot over ice cream.

FROZEN STRAWBERRY PUDDING

1 qt. fresh strawberries
1 qt. heavy cream
1 cup sugar
¼ cup confectioner's sugar

Wash and clean strawberries, add sugar. Mix well. Let stand one hour, then mash through fine sieve. Add confectioner's sugar to cream, whip stiff.

Mix cream and berries thoroughly, turn in mold. Pack in ice and rock salt three and one-half to four hours.

Canned strawberries may be substituted for fresh ones, using only one-half cup sugar.

DELICIOUS FROZEN PUDDING

2 eggs
1 pint heavy cream (whipped)
1 cup broken pecan or walnut meats
½ cup sugar
2 tablespoons sherry, or 2 teaspoons vanilla
¼ lb. cut candied cherries

Beat egg yolks and sugar very light. Add sherry wine or vanilla. Fold in stiffly-beaten egg whites. Fold in whipped cream. Add nut meats and cherries.

Pack in mold in rock salt and ice four hours. Serve with border of whipped cream flavored with sherry wine.

BISQUIT TORTONI

¾ cup sugar
¾ cup water
½ cup rolled macaroon crumbs
½ cup chopped, candied cherries
3 eggs
1 pint heavy cream (whipped)
1 cup chopped English walnuts
Sherry or vanilla to flavor

Boil sugar and water together until syrupy. Beat egg yolks very light; add syrup gradually, stirring all the while. Fold in stiffly-beaten egg whites. Add macaroon crumbs, nuts and flavoring. Fold in whipped cream. Pack in mold in salt and ice four hours.

FROZEN PRUNE PUDDING

24 large prunes
1 pint heavy cream
2 tablespoons confectioner's sugar
¾ cup sugar
5 egg whites
1 teaspoon vanilla

Cook prunes soft, drain, and mash through fine sieve. Cream well with sugar. Add very stiffly-beaten egg whites. Beat cream stiff with confectioner's sugar, fold in prune mixture. Flavor with vanilla. Pack in mold in ice and salt three to four hours.

For larger quantity, use thirty-five prunes and whites of nine eggs.

FROZEN MAPLE PUDDING

4 eggs
1 pint heavy cream (whipped)
1 cup maple syrup
2 tablespoons chopped nuts
Few grains salt

Beat egg yolks very light, add syrup. Cook while stirring constantly until thickened. Set aside to cool.

Beat egg whites stiff, stir lightly in cooled syrup, then fold in whipped cream, and salt.

Turn in mold. Pack in ice and rock salt four hours. When ready to serve, turn on platter and sprinkle nuts over top.

FROZEN MACAROON PUDDING

1 pint heavy cream (whipped)
14 macaroons
¼ lb. cut candied cherries
4 eggs
1 cup sugar
¼ cup rolled nuts
1 teaspoon vanilla
Pinch salt

Dry macaroons in oven if not stale, crush with rolling-pin to crumbs. Beat egg yolks light, add sugar gradually, beating until grains disappear. Add salt to egg whites, whip very stiff, add to yolks. Add whipped cream, cherries, vanilla and nuts to egg mixture. Add two-thirds macaroon crumbs, fold until well mixed. Pack mixture in mold in rock salt and ice three and one-half to four hours.

When serving, turn on platter and sprinkle with reserved crumbs.

FROZEN DELIGHT

3 eggs
½ cup sugar
2 tablespoons chopped nuts
2 tablespoons chopped cherries
1 pint heavy cream (whipped)
Flavoring
Lady fingers

Beat egg yolks and sugar very light; add sherry, wine, maraschino cordial, or vanilla. Add stiffly-beaten egg whites. Fold in whipped cream. Fold in nuts.

Line mold with halves of lady fingers, sprinkle with cherries. Turn in mixture. Pack in rock salt and ice three to four hours.

FROZEN NEAPOLITAN PUDDING

6 eggs
½ cup macaroon crumbs
2 tablespoons sherry, or 2 teaspoons vanilla
½ cup confectioner's sugar
1 pint heavy cream (whipped)
¼ cup confectioner's sugar
2 tablespoons rolled, parched almonds
2 tablespoons grated, bitter chocolate
Red fruit coloring

Beat egg yolks with one-half cup sugar very light and spongy. Fold in whipped cream. Add rolled macaroons. Add egg whites beaten stiff with one-quarter cup confectioner's sugar. Flavor with vanilla or sherry.

Divide mixture in three equal portions. Put one white portion in bottom of pudding mold. To second portion, add almonds and tint pink with few drops fruit coloring. Put in mold on top of white layer. To third portion, add chocolate (after melting over hot water). Put on top of other two layers. Pack in mold in rock salt and ice three hours.

NESSELRODE PUDDING

5 egg yolks
1 pint heavy cream (whipped)
¼ cup diced candied pineapple
¼ cup diced candied cherries
1 teaspoon vanilla
3 cups rich milk
½ cup sugar
1 cup riced marrons, or 1 cup riced, cooked chestnuts
2 tablespoons syrup from marrons
Pinch salt

Scald milk. Beat egg yolks light, add sugar gradually, beating until spongy; add hot milk gradually, stirring continually, add salt. Cook in double boiler, stirring until thick enough to coat spoon heavily. Remove from fire, strain through fine sieve.

Put riced marrons or chestnuts in bowl, stir in hot custard gradually until perfectly smooth. Put aside until cold. Add vanilla, marron syrup and whipped cream. Freeze in ice-cream freezer until solid, but not hard. Remove from freezer, line a melon or other mold

with half the ice cream. To remainder add cherries and pineapple, then fill mold.

Pack in rock salt and ice two and one-half to three hours. Unmold on serving platter, surround with a border of whipped cream slightly sweetened, and flavored with two teaspoons rum or sherry. If chestnuts are used instead of French marrons, add one-quarter cup extra sugar to egg yolks.

PERFECTION BOMBE

2 qts. fresh strawberries
2 tablespoons lemon juice
1 teaspoon vanilla
½ cup chopped nuts
4 cups sugar
1 pint heavy cream
½ cup sifted confectioner's sugar

Wash and pick berries, mash with sugar, put aside one hour, then squeeze through cheesecloth bag, pressing out all juice.

Measure juice, add an equal quantity cold water. Add lemon juice. Freeze solid in ice-cream freezer. Remove dasher, then with a long-handled spoon scoop out center all the way down, leaving only the sides of freezer lined with ice.

Whip cream stiff with confectioner's sugar, add vanilla and nuts. Pour cream mixture in hollow center of freezer, pack down with spoon. Repack with salt and ice; cover and let stand three hours.

Unmold from freezer same as from other mold. Orange ice may be used to line mold instead of strawberry. The bombe may be packed in a melon mold instead of freezer. For small family, use half quantity ingredients.

PEACH BOMBE GLACE

1 pint scalded milk
1½ cups heavy cream (whipped)
½ cup sugar
2 eggs
4 large, ripe yellow peaches
1 teaspoon vanilla

Peel peaches, cut in very thin slices, sprinkle with one-third cup sugar, quantity depends on acidity of fruit. Chill in refrigerator one hour. Beat eggs and sugar very light, add hot milk gradually. When well mixed, cook in double boiler, stirring until thickened. Remove from fire, let cool. Add vanilla and whipped cream. Freeze solid, not hard.

Line a melon mold with ice cream, fill center with chilled peaches, cover with more ice cream. Pack in rock salt and ice two hours.

BERRY BOMBE GLACE

20 marshmallows
2 tablespoons milk
2 tablespoons rolled nuts
1 pint heavy cream
1 teaspoon vanilla
½ cup sifted confectioner's sugar
Strawberry or raspberry ice

Add milk to marshmallows, place in saucepan over hot water; stir occasionally until dissolved, then set aside to cool. Whip cream stiff, adding sugar gradually, add vanilla. Add marshmallows, mixing in well. Add nuts. Line a melon mold with strawberry or raspberry ice, turn in mixture. Pack in ice and salt three hours.

COUPE MARRON

Make a rich vanilla ice cream. Secure a bottle of marron glacè. Cut marrons in small dice pieces, flavor with rum, let stand one hour. Put a spoonful diced marrons in bottom of champagne or tall, thin glasses. Fill glasses with ice cream and top with whipped cream, sweetened and flavored with vanilla. Garnish with a candied violet or piece of marron.

MERINGUE GLACE

10 large meringue shells
1 qt. rich vanilla or chocolate ice cream
½ pint heavy cream (whipped)
10 candied cherries

Separate meringue shells in halves. When ready to serve, place an oblong mound of ice cream in center of individual dessert plates. Place half a meringue shell, round side up, on each side of cream. Garnish top of ice cream with a broad cross of whipped cream squeezed through pastry tube. Place a cherry in center of cross.

CHOCOLATE PROFITEROLES

Drop chou paste (cream puff mixture) by teaspoonfuls, or force through pastry bag and tube, on greased tins in cakes size of silver dollar. Shape round with a spoon and leave a little higher in center. Bake same as large cream puffs; let cool.

When ready to serve, split tiny puffs on side, fill with vanilla ice cream. Place three puffs on each individual plate, cover with hot chocolate sauce. Serve at once.

PEACH MELBA

2 cups milk
1 teaspoon cornstarch
1 pint heavy cream (whipped)
1 teaspoon vanilla
1 cup raspberry syrup
4 eggs
½ cup sugar
Large, ripe yellow peaches, or Melba peaches in glass
Sponge Cake (page 427) baked in biscuit pan

Scald milk in double boiler. Beat eggs and sugar together light and lemon colored, add hot milk gradually, stirring all the time. Cook in double boiler, stirring until thickened. Strain through fine sieve, put aside to cool. Add vanilla. Fold in whipped cream, and freeze.

Peel peaches, if fresh cut in half, remove pits, chill until ready to serve.

Add one-half cup water and one-quarter cup sugar to raspberry syrup, let cook five minutes. Dissolve cornstarch in a little cold water, add to syrup, cook five minutes longer until slightly thickened (not thick).

When ready to serve, cut cake in four-inch squares, cover squares with ice cream, place peaches, round side up, on cream, then pour syrup over.

ICE CREAM SANDWICH

Bake a light sponge cake in a square biscuit pan. When cold, cut in four-inch squares. Split squares in half crosswise, and put same size brick of ice cream between each square. Or the sponge may be baked in two thin square layers. Cut cakes in squares, put squares together with ice cream brick between. Serve plain or covered with raspberry or strawberry syrup or jam.

ICE CREAM CROQUETTES

No. 1. Scoop out vanilla ice cream, shape size of golf ball, roll in ground nuts.

No. 2. Roll ice cream balls in macaroon crumbs.

No. 3. Roll ice cream balls in freshly-grated cocoanut.

ICE CREAM PLANTS

Wash and dry thoroughly, then line tightly a small-size earthen flower pot with waxed paper, letting paper cover bottom and sides of pot. Just before serving, fill lined pot with vanilla ice cream, cover cream with grated chocolate to represent soil, then stick a small branch of green leaves or a flower in center of each pot.

ICE CREAM MUFFINS

Make Small Mary Ann Date Cakes (page 470). When cold, saturate with rum, sherry, or home-made wine. Let stand three to four hours or over night. When ready to serve, fill cavities of cake with

French ice cream scooped cone shape with an ice-cream scoop. Garnish edge of cake with slightly sweetened whipped cream tinted delicate pink with fruit coloring and pressed through pastry tube. Place a single fresh strawberry or candied cherry in center of ice cream.

CELESTIAL ANGEL FOOD

No. 1. Bake an Angel Food Cake (pages 410, 411) in a ring mold. When cold, ice with white French pastry icing. When ready to serve, fill center of ring with fresh strawberry ice cream. Garnish top of ice cream with whipped cream. Place a few select berries on platter around cake.

No. 2. Fill center of cake ring with rich vanilla ice cream. Sprinkle top with dried macaroon crumbs and parched, blanched almonds mixed together.

SCHRAFFT'S LUXURIA

Bake a Cream Cake (page 414) in a square biscuit pan. Let cool. When ready to serve, cut in four-inch squares. Split squares through center crosswise. Put vanilla ice cream between each square. Cover with hot fudge sauce or hot maple nougat sauce. Serve at once.

BAKED ALASKA

6 egg whites
8 tablespoons confectioner's sugar
2 qts. brick vanilla ice cream
1 teaspoon vanilla
Thin, square sponge cake

Bake a sponge cake in a square sheet, set aside until perfectly cold.

Freeze vanilla ice cream in square brick, or as usual in ice-cream freezer.

Beat egg whites very stiff and dry; add sugar gradually while beating continually until smooth and thick.

Cover a flat board with white paper (without lines), put cake on board. Turn ice-cream brick on cake, or spread over cake quickly and evenly. Let cake extend about one-half inch beyond cream on all sides. Cover whole quickly and smoothly with meringue.

Place on grate of hot oven and brown quickly and delicately. Slip quickly from paper to flat serving platter.

ICEBERGS

Fill tall iced tea or ginger ale glasses two-thirds full with vanilla ice cream. Pour in chilled ginger ale to fill glasses. Serve at once.

CHAPTER XXVI

CAKE FILLINGS

Cake fillings are put between layers to make the cake moist, to improve the flavor, or to make it more elaborate. A plain cake may be made attractive and delicious by putting a tasty filling between the layers, and an ornamental icing on top of it.

CUSTARD FILLING

2 cups milk
3 egg yolks
¼ cup chopped citron or almonds
3 tablespoons sugar
¾ teaspoon vanilla

Scald milk. Beat egg yolks and sugar light, add hot milk gradually. Cook in double boiler, stirring until thick. Remove from fire, add vanilla. Stir in citron or almonds. Chill before spreading between cake layers. Citron or nuts may be left out if preferred.

BANANA FILLING

1 cup mashed bananas
⅓ cup sugar
1 egg
1½ tablespoons lemon juice
1 tablespoon melted butter
1 tablespoon cream

Beat egg and sugar light, add butter and lemon juice. Add banana, stirring until well mixed. Add cream. Cook in double boiler, stirring until thick. Remove at once and spread between layers. Cover top of cake, when cold, with whipped cream.

FLUFFY ORANGE FILLING
(Two Layers)

¾ cup orange juice
¾ cup sugar
3 egg yolks
2 tablespoons butter
1 egg white
1 teaspoon grated orange rind

Cream butter and sugar together, add well-beaten egg yolks. Add grated rind and orange juice. Cook in double boiler until beginning to thicken. Stir in stiffly-beaten egg white until thick. Cool before spreading between layers. Use half recipe for one layer.

ORANGE FILLING

⅔ cup orange juice
½ cup sugar
1 tablespoon cornstarch
1 tablespoon butter
1 egg yolk

Heat sugar, orange juice and butter together. Stir egg yolk and cornstarch together until smooth, add hot mixture gradually while stirring. Cook in double boiler, stirring constantly until thick. Cool before spreading.

LEMON FILLING

1 cup sugar
¼ cup lemon juice
½ cup cold water
1 teaspoon butter
1 tablespoon cornstarch
2 egg yolks
Grated rind 1 lemon

Beat egg yolks and sugar light, add lemon juice and rind. Add butter, stir in water, cook while stirring until boiling. Add cornstarch dissolved in a little water, stir until thick. Cool before spreading.

LEMON CUSTARD FILLING

⅓ cup lemon juice
⅔ cup sugar
2 eggs
2 tablespoons butter
1 tablespoon hot water
Grated rind 1 lemon

Mash butter soft, cream with sugar, add well-beaten egg yolks, rind and juice of lemon. Stir in hot water. Add stiffly-beaten egg whites. Cook in double boiler, stirring until smooth and thick. Cool before spreading between cake layers.

PINEAPPLE FILLING

1½ cups canned crushed pineapple
2 egg yolks
¼ cup sugar

Use pineapple and syrup as it comes from can. Add sugar. Cook while stirring until beginning to cook, add well-beaten egg yolks, stir until thick. Cool before spreading.

PINEAPPLE CUSTARD FILLING

¾ cup milk
½ cup drained pineapple cubes
½ teaspoon vanilla
1 egg yolk
2 tablespoons sugar
2 teaspoons cornstarch

Scald milk. Beat egg yolk and sugar light, add cornstarch. Add hot milk gradually, stirring all the while. Cook in double boiler,

stirring until thick. Remove from fire, add vanilla. Chill before adding pineapple, then spread between cake layers.

PINEAPPLE NUT FILLING
(Two Layers)

2 lbs. can crushed pineapple
1½ cups rolled pecan meats
2½ cups sifted confectioner's sugar
2 egg whites
1 tablespoon lemon juice

Put unbeaten egg whites in a bowl, stir in sugar very gradually until mixture forms a thick paste (it may require a little more or less sugar), add lemon juice and well-drained pineapple. Add nuts. Use half recipe for one layer.

MARSHMALLOW FILLING

2 cups sugar
1 cup cold water
1½ cups diced marshmallows
2 egg whites
1 teaspoon vanilla

Mix sugar and water, boil together until syrup threads when dropped from spoon. Melt marshmallows in double boiler, stirring occasionally.

Beat egg whites frothy (not stiff), pour hot syrup over in a thin stream, beating all the while. Stir in melted marshmallows until mixture is smooth and thick. Flavor with vanilla. Spread at once between layers. If filling stiffens too rapidly, the bowl may be set in hot water, or an extra egg white may be added while beating.

CREAM COCOA FILLING

¼ cup sweet butter
¼ cup heavy cream (about)
⅓ cup sifted confectioner's sugar
2 tablespoons cocoa
½ teaspoon vanilla

Mash butter soft, add sugar gradually, stirring until perfectly smooth. Stir in cocoa, then add just sufficient cream to make mixture of right consistency to spread. Flavor with vanilla.

CHOCOLATE FILLING

2 squares bitter chocolate (⅛ lb.)
1 cup sifted confectioner's sugar
½ teaspoon vanilla
⅓ cup milk
1 egg yolk

Melt chocolate over hot water. Add milk and sugar gradually while stirring. Add egg yolk. Cook in double boiler, stirring con-

stantly until thick. Remove from fire, add vanilla, spread between layers.

CHOCOLATE CREAM FILLING
(One Layer)

¾ cup heavy cream, whipped
2 smallest size cakes milk chocolate
¼ teaspoon vanilla

Break chocolate in pieces, melt over hot water. Stir into whipped cream. Flavor with vanilla. Spread between cake layers.

UNCOOKED MOCHA FILLING

1¾ cups confectioner's sugar (about)
¼ cup cold, strong coffee
½ teaspoon vanilla
2 tablespoons cocoa
3 tablespoons butter

Mash butter very soft, add sugar gradually until smooth, add cocoa, then stir in coffee until mixture is a smooth paste. Flavor with vanilla. Spread between cake layers or on top of cake. Let stand three hours or longer before cutting cake.

MOCHA FILLING

¾ cup strong, black coffee
½ cup sifted confectioner's sugar
1 tablespoon cornstarch
½ cup chopped pecan meats
1 egg
¼ cup butter
1 tablespoon cream

Mash butter soft, add sugar gradually, add well-beaten egg, mix well, add coffee. Cook in double boiler five minutes, stirring all the while. Add cornstarch dissolved in cream, stir until thick. Remove from fire, add nuts. Cool before spreading.

FIG FILLING

1 cup figs, finely chopped
⅓ cup boiling water
½ cup chopped pecan meats
⅓ cup boiling water
1 tablespoon lemon juice

Mix all ingredients except nuts, cook in double boiler, stirring until thick. Remove from fire, add nuts. Spread between layers while hot.

DUCHESS FILLING

2 cups sugar
1 cup water
½ cup chopped nuts
1 egg white
1 cup chopped raisins
1 teaspoon lemon juice

Cook water and sugar together without stirring after first two minutes, until syrup threads when dropped from spoon. Pour in a thin stream over beaten egg white, beating constantly until thickened. Add lemon juice. When stiff, fold in nuts and raisins. Spread at once between cake layers.

GRAND DUKE FILLING
(Two Layers)

¼ lb. figs, finely chopped
¼ lb. citron, finely chopped
⅓ lb. raisins, finely chopped
¼ lb. blanched almonds, chopped
¾ cup sifted confectioner's sugar
¼ lb. cleaned currants
2 egg whites
2 tablespoons orange juice
Grated rind one orange

Mix fruit and nuts, stir in grated rind. Beat egg whites stiff, add sugar gradually until smooth. Add orange juice while stirring. Fold in fruit mixture. Spread between layers.

RAISIN FILLING
(One Layer)

¾ cup sugar
¾ cup water
½ cup chopped raisins
1 tablespoon lemon juice
2 tablespoons cornstarch
½ cup chopped pecans

Cook sugar, water, lemon juice and raisins together fifteen minutes. Add cornstarch dissolved in a little water, stir until thick. Add nuts just before removing from fire.

Set saucepan in cold water, stir until contents are cool, not cold, then spread between layers.

LADY BALTIMORE FILLING

2 cups confectioner's sugar
½ cup water
1 cup chopped raisins
⅓ cup chopped candied cherries
½ cup chopped crystallized pineapple
1 tablespoon orange juice or sherry wine
1 cup chopped pecans
4 egg yolks

Mix water and sugar, boil until it spins a thread when dropped from spoon. Beat egg yolks slightly, add syrup in a thin stream, stirring all the while. Cook in double boiler, stirring constantly until thick. Add fruit and nuts, stirring until well mixed in. Remove from fire, add orange juice. Cool before spreading. Makes two layers.

CHAPTER XXVII

CAKE FROSTINGS AND ICINGS

Frostings and icings are used to ornament cakes and make them more attractive in appearance. The sugared covering also tends to keep the cake fresh for a longer period of time. Icings may be made with either granulated or confectioner's sugar, and may be either cooked or uncooked.

When icing a cake, sprinkle a little flour over first, then wipe it off; this will prevent the icing from spreading and running. To prevent icing from running down the sides of a cake, pin a piece of thick paper closely around the cake, letting it extend a little above the top. Ice the cake on top and when it is set, remove paper and ice the sides.

Cakes should always be cold or almost cold before putting on icing or frosting.

A little grated orange rind squeezed through cheesecloth will give a yellow tint to icing. Lemon juice whitens icing and keeps it from crumbling.

A little strawberry, cranberry or raspberry juice will give a dainty pink tint to icings. Unharmful vegetable fruit colorings to tint icings any desired shade may be purchased at grocery stores.

A few drops of Caramel Coloring (page 157) added to plain white icing will give a nice caramel color.

PLAIN FROSTING

1 cup sugar
⅓ cup cold water
1 egg white
1 teaspoon vanilla or ¼ teaspoon lemon extract

Mix sugar and water well, heat to boiling point, then boil without stirring until syrup threads when dropped from spoon. Pour in thin stream over stiffly-beaten egg white, beating mixture constantly until right consistency to spread. Stir in flavoring and pour over cake, spreading evenly with a spatula or broad-blade knife. If frosting gets too stiff before spreading, add a little cold water, or unbeaten egg white.

ICE CREAM FROSTING

2 cups sugar
½ cup cold water
2 egg whites
¼ teaspoon lemon extract

Make same as plain frosting.

COOKED DECORATING ICING

2 cups sugar
1 cup cold water
2 egg whites
½ teaspoon lemon juice

Mix sugar and water well in saucepan, do not stir after it begins to boil, cook until mixture spins a thread when dropped from spoon, or forms a soft ball when dropped in cold water. Pour syrup in a thin stream over egg whites that are beaten frothy, not stiff, beating constantly until mixture is right consistency to spread. Add lemon juice, and pour over cake, spreading with a spatula or broad-blade knife. If icing gets too stiff add a few drops lemon juice or boiling water.

UNCOOKED DECORATING ICING

Stir into the unbeaten white of one or two eggs as much sifted confectioner's sugar as is required to make a perfectly smooth paste of right consistency to spread and hold its shape. Flavor with lemon juice. To make yellow icing, use the egg yolks instead of whites, add a little squeezed orange rind, and flavor with lemon juice.

CONFECTIONER'S ICING

1½ cups sifted confectioner's sugar (about)
3 tablespoons milk or cream
Flavoring

To the liquid add sufficient sugar to make of right consistency to spread. Add flavoring. Spread as usual over cake. This icing is quickly made and dries quickly.

FRENCH PASTRY ICING

½ cup butter
1 teaspoon vanilla
2 cups sifted confectioner's sugar (about)

Mash butter perfectly soft, add sugar very slowly while stirring smooth and velvety. Add vanilla. It may be necessary to add a few drops of cream if icing gets too stiff. This icing may be used between layers as well as for top of cake.

SOFT ICING

2 egg whites
2 cups confectioner's sugar (about)
1 tablespoon cold water
¼ teaspoon lemon extract

Beat egg whites very stiff, add sugar and water alternately until right consistency to spread smoothly on cake.

BAKING POWDER ICING
(For Decorating)

4 egg whites
½ teaspoon baking powder
1 teaspoon lemon extract
2½ cups sugar
1 cup cold water

Mix water and two cups sugar well in saucepan, cook without stirring until syrup spins a thread when dropped from spoon. While syrup is cooking, beat egg whites in a round shallow bowl with egg whip until beginning to foam, then sift in balance of sugar gradually, beating until smooth. Add syrup in a thin stream, beating continuously. Sift in baking powder while beating. Place over a boiler of hot water on range, and beat all the while until mixture is stiff enough to stand alone. Remove from fire, add flavoring. Spread on cake. If kept in an air-tight jar this icing will be good four or five days.

SPONGE ICING

2 cups confectioner's sugar
½ teaspoon cream of tartar
¾ teaspoon lemon extract
1 egg white
¼ cup cold water

Put egg whites, water, cream of tartar and lemon extract together in a bowl; give two or three strokes with egg whip to break egg, then add sugar very gradually while beating constantly until perfectly smooth, and of right consistency to spread. Will keep five or six days in an air-tight jar.

CHOCOLATE SPONGE ICING

Add one-eighth pound (two squares) melted bitter chocolate to sponge icing while beating.

ORANGE ICING

⅓ cup orange juice
Grated rind 1 orange
Confectioner's sugar

To the orange juice add enough sifted sugar to make right consistency to spread on cake. Stir in grated orange rind.

ORANGE NUT ICING

2 tablespoons soft butter
⅓ cup rolled pecan meats
⅓ cup orange juice
Confectioner's sugar

Mash butter very soft, stir in orange juice, add enough sifted sugar gradually while stirring until right consistency to spread. Add nuts.

ORANGE MARSHMALLOW ICING

1 cup sugar
¾ cup orange juice
12 marshmallows
1 egg white

Mix sugar and orange juice well, cook until syrup threads when dropped from spoon. Remove from fire, pour at once, gradually into beaten egg white, add marshmallows cut in small pieces, beat until smooth and thick enough to spread. If desired, a little grated orange peel or vegetable coloring may be added.

MARSHMALLOW ICING

1 cup sugar
½ cup cold water
6 drops lemon extract
1 egg white
16 marshmallows

Melt marshmallows slowly over hot water. Boil sugar and water together until syrup forms a thread when dropped from spoon. Pour gradually into stiffly-beaten egg whites while beating continuously. Stir in melted marshmallows before icing gets thick enough to spread. Add flavoring.

CREAMY MARSHMALLOW ICING

2 cups sugar
½ cup cold water
½ teaspoon vanilla
2 egg whites
15 marshmallows

Put sugar, water and unbeaten egg whites together in saucepan, set in another pan of boiling water, stir while cooking until mixture drops thick from spoon, or test by dropping a bit on cold marble, it should not run if done. Drop in cut marshmallows, stir until melted. Remove from fire, beat rapidly a few moments until thick enough to spread. Garnish top of cake with marshmallows. Icing is sufficient for one large cake, or for layer and top of small cake.

BROWN SUGAR ICING

2 cups brown sugar
1 cup milk
2 teaspoons butter
1 teaspoon vanilla

Cook sugar, butter and milk together, stirring occasionally until mixture drops from spoon in creamy drops. Remove from fire, add vanilla and beat with a fork or egg whip until right consistency to spread. If icing gets too thick it may be thinned with a little cream.

CARAMEL ICING No. 1

1 cup thin cream
1 cup sugar
⅓ cup butter
⅓ cup sugar
1 teaspoon vanilla

Mix one cup sugar, cream and butter together, cook while stirring occasionally until mixture drops thick from spoon. Before cream mixture thickens melt the one-third cup sugar in a fryer, until brown liquid. Stir into cooking liquid. Remove from fire and beat until thick enough to spread.

CARAMEL ICING No. 2

¾ cup granulated sugar
½ cup brown sugar
½ cup hot water
1 tablespoon butter
1 teaspoon vanilla

Melt white sugar in a fryer until light-brown liquid. Stir in hot water gradually. Add brown sugar and butter. Cook slowly until mixture reaches soft ball stage, test in cold water. Remove from fire, add vanilla, beat until creamy and thick enough to spread.

FRENCH PASTRY CARAMEL ICING

¼ cup granulated sugar
1½ cups confectioner's sugar
3 tablespoons melted butter
1 teaspoon vanilla
2 tablespoons cream

Melt granulated sugar in fryer until light brown liquid. Remove from fire at once, add melted butter, cream and vanilla gradually. Stir in enough sifted confectioner's sugar to make right consistency to spread. Spread quickly on cake. If too thick add a little cream. Use for cake or top of eclairs.

EASY CHOCOLATE ICING

1 tablespoon butter
3 tablespoons cocoa
2½ tablespoons warm water
½ teaspoon vanilla
2 cups confectioner's sugar

Melt butter, remove at once from fire, stir in cocoa until smooth. Add water, then stir in sugar gradually until right consistency to spread. Add vanilla.

CHOCOLATE MILK ICING

¼ cup butter
½ cup milk
1 teaspoon vanilla
2 cups confectioner's sugar
⅓ cup grated bitter chocolate

Mix chocolate, milk and butter together, cook slowly while stirring occasionally until thickened. Remove from fire, stir in sufficient sugar to make right consistency to spread. Add vanilla.

UNCOOKED CHOCOLATE ICING

⅛ lb. bitter chocolate (2 squares)
1½ cups confectioner's sugar
3 tablespoons cream
¼ teaspoon vanilla

Melt chocolate over hot water. Mix cream and sugar together smooth, add melted chocolate, then vanilla. It may be necessary to add a little more cream or sugar to make right consistency to spread.

CHOCOLATE MARSHMALLOW ICING

⅛ lb. bitter chocolate (2 squares)
20 marshmallows
½ cup sugar
½ cup cold water

Mix sugar, water and chocolate together, cook slowly while stirring until mixture is thick. In the meantime, put marshmallows in double boiler, add one tablespoon hot water, stir occasionally until melted. When chocolate mixture is thick, remove from fire, stir in melted marshmallows and spread on cake.

COCOA MOCHA ICING

½ cup butter (sweet butter preferred)
2 cups confectioner's sugar
¼ cup cocoa
½ teaspoon vanilla
1 tablespoon strong liquid coffee

Mash butter soft, stir in cocoa, add coffee. When well mixed, add enough sugar to make right consistency to spread. Add vanilla. Spread on cake, let stand over night to harden.

CHOCOLATE MOCHA ICING

2 squares bitter chocolate (⅛ lb.)
2 cups confectioner's sugar
2 tablespoons strong liquid coffee
1 teaspoon vanilla
1½ tablespoons cream (about)

Stir sifted sugar and coffee together smooth. Melt chocolate over hot water, add to sugar mixture. Stir in cream until mixture is right consistency to spread. Add vanilla.

FRENCH PASTRY CHOCOLATE ICING

1 cup confectioner's sugar
2 tablespoons melted butter
4 tablespoons sweet cream (about)
2 squares bitter chocolate (⅛ lb.)
½ teaspoon vanilla

Melt butter, while warm stir in chocolate that has been melted over hot water. When smooth, stir in cream. Add sufficient sifted sugar to make right consistency to spread. Add vanilla.

CHAPTER XXVIII

LOAF CAKES

CAKE MAKING AND BAKING DAY HINTS

The mixing and baking of cakes require more care than most other branches of cooking. Successful results depend not only on the perfect proportion of the ingredients of the recipe, but also on the thorough understanding of the principles governing the making and baking.

A well-made cake properly baked should be of uniform thickness. Unevenness shows either the use of too much flour, or the wrong heat in baking.

The cake should be of fine and even grain, and delicate in texture. Coarse texture is caused by careless mixing or wrong oven temperature.

If a cake is sticky, too much sugar has been used. If it is dry, too much flour has been used. Heaviness usually comes from baking in too hot or too cold an oven, but it may also come from using too much butter or sugar. Too much baking powder will make cake porous, or full of holes.

If cakes containing baking powder or cream tartar are baked too rapidly with a high heat at the beginning, the acid and gas contained in the leavening is sealed in by searing over the surface of the cake with a crust, thus preventing the gas from escaping.

There should be no suggestion of rawness, but if a cake is baked too long, it will be dry and bready.

Layer cakes and sponge cakes require a quicker oven than loaf cakes containing butter.

The temperature of the oven is a very important factor. The oven should never be too hot at first. When baking a large cake, it is best to let the heat come up gradually. If the oven is too hot at first, the outside will bake before the inside and the cake will be soggy. The newer method is to put the cake in a cold oven and let the heat increase gradually while baking. I have tried this method very successfully.

The baking of a cake should be divided into three periods. The *first* period for settling and beginning to rise; the *second* period for rising and beginning to bake; the *third* period should complete the baking and browning, and shrinking a little from the sides of the pan.

The cake may be tested before removing from oven by sticking a clean broom straw or a knitting needle through it. If the straw or needle comes out perfectly clean, the cake is done. Another way of

testing is to press the cake lightly with the finger. If it springs back, the baking is completed.

To make a good cake, one must have the ingredients of good quality. Poor quality ingredients will make a poor cake. It is essential to use pastry or soft winter wheat flour in making good cakes. Bread flours will make heavy cake.

The mixing of a cake is as important as the baking. Before beginning to make your cake be sure that all your ingredients are measured or weighed, and on the table within reach.

The pan, if required, should be well greased. A good way to keep cakes from sticking to the pan is to put a spoonful sifted flour in the pan after it is greased. Turn pan upside down and shake out all the flour that does not adhere to it.

The bottom of the pan may be lined with paper if preferred, but the paper must be well greased after putting it in.

When the cake is done, it should never be forcibly removed from the pan. Always invert the pan on a plate or wire rack and leave until the cake drops out. If it should happen to stick to the pan, let it set a few moments on a towel wrung out in cold water, then it may be easily removed.

Never try to remove burned spots from the bottom of a cake while it is warm. This may easily be scraped off when the cake is cold.

MEASURING. In all recipes given, the flour is measured *after* sifting. When flour is to be measured by cups, the cup should be filled with a spoon, then leveled off with the blunt side of a knife-blade brushed across the top of the cup. All recipes are level unless otherwise stated.

In measuring butter, always pack the cup to insure a cupful if hard butter is used. The butter may be softened by putting it in a warm (not hot) bowl before measuring.

UTENSILS. A few necessary utensils for good cake making are: A large round-bottomed *earthen bowl* for mixing; a large *spoon,* preferably a wooden one, for stirring; a standard *tablespoon* and *teaspoon* for measuring. Two *egg beaters.* A standard *measuring cup* (should hold one-half pint); a *flour sifter;* a *spatula,* or broad knife having a round, blunt blade that bends easily, for removing cake from the tins, or to scrape batter from bowl. And lastly, *good cake pans* and *layer tins.* Old, well-used pans are better than new ones, as the cakes are not so apt to stick to them.

ANGEL CAKE

11 large egg whites
1 cup flour
1⅓ cups sugar
1 teaspoon cream tartar
1 teaspoon vanilla
Pinch salt

Sift flour and sugar separately before measuring, then sift again four times. Add salt to egg whites, beat until frothy; sift in cream tartar, then beat very stiff. Sift in sugar, gradually; add flour, folding over and over until well incorporated. Add vanilla.

Before beginning to make cake, fill angel-food pan with cold water, let stand until batter is made, then drain pan but do not dry with a cloth. Put batter in pan by large spoonfuls. Do not smooth off top.

Bake in moderate oven forty-five to sixty-five minutes, letting it rise to top of pan before browning. Increase heat as baking progresses. When done, the cake should spring back if pressed with the fingers. Invert pan, cover with a dry towel and let cake drop out.

Eggs should be fresh and kept in refrigerator to get best results.

NEW ANGEL FOOD CAKE

1½ cups fine granulated sugar
1 cup soft winter wheat flour
¾ cup cold water
11 or 12 egg whites (1½ cupfuls)
1½ teaspoons vanilla
1 heaping teaspoon cream tartar
Pinch salt

Sift flour, measure, then sift with cream tartar four times. Put sugar and water in saucepan, mix well, cook slowly at first, then faster (without stirring) until the first thread will spin from spoon. While syrup is cooking, beat egg whites very stiff, dry and ragged, pour hot syrup in a fine stream into whites, beating continuously while pouring. Beat with long strokes for twenty minutes, add vanilla while beating. Add flour gradually, folding over and over until smooth and well incorporated.

Drop batter with a large spoon in an ungreased angel-food pan, do not smooth off top.

Start baking in a cold oven, increasing heat as baking progresses. If a coal range is used, begin baking in a slow oven, and increase heat. Time required, one to one and a quarter hours.

When done, invert pan, cover with a dry cloth twenty minutes; remove cloth and let cake sweat out, do not remove from pan until perfectly cold. Loosen from sides with a spatula. Turn upside down on waxed paper, when cold ice with thin boiled icing.

SUNSHINE CAKE

6 eggs
1 cup flour (sift 4 times)
1 cup sugar (sift 4 times)
½ teaspoon cream tartar
½ grated lemon rind
1 teaspoon vanilla
Pinch salt

Sift flour and sugar separately, measure after sifting. Beat egg yolks thick and lemon colored, add sugar gradually, continuing to

beat until grains do not show. Add lemon rind and vanilla. Add salt to egg whites, beat very stiff and ragged. Add cream tartar to flour, sift again. Add flour and egg whites alternately to batter, folding over and over until well incorporated. Do not beat. Bake in ungreased angel-food pan fifty to sixty minutes in moderate oven, increase heat after cake has risen to top.

WHITE CAKE

1 cup butter
2 cups sugar (sift three times)
3 cups flour (sift 3 times)
1 cup milk
5 egg whites
1 teaspoon vanilla
1½ teaspoons baking powder
Pinch salt

Cream butter soft, add sugar gradually, creaming until grains do not show. Add egg whites, one at a time, beating well between each addition. Add salt and vanilla. Sift baking powder and flour together, add to batter alternately with milk.

Mix well. Bake in well-greased cake pan in moderate oven about forty to fifty minutes.

SILVER CAKE

¾ cup butter
1½ cups sugar
3 cups flour
1 cup milk
1½ teaspoons baking powder
4 egg whites
1 teaspoon vanilla
½ teaspoon almond extract
Pinch salt

Mash butter soft, add sugar gradually, cream very light. Add baking powder and flour sifted together to batter alternately with milk. Add flavoring and salt. Fold in very stiffly-beaten egg whites. Bake in moderate oven forty to forty-five minutes.

POTATO FLOUR CAKE

6 egg whites
1 cup flour
1 cup potato flour (sift 3 times)
½ cup milk (scant)
½ cup butter
1¼ cups sugar (sift 3 times)
1½ teaspoons baking powder
1 teaspoon vanilla
Pinch salt

Cream butter and sugar together very light. Sift in flour and potato flour together, alternately with milk, adding baking powder to last flour. Add salt and vanilla. Fold in stiffly-beaten egg whites. Bake in moderate oven, forty-five to fifty minutes. When cold, ice with egg frosting or mocha icing.

WHITE POTATO CAKE

1 cup warm riced potatoes
1½ cups sugar
⅔ cup butter
½ cup milk
1½ cups flour
1 cup coarsely rolled pecan meats
¼ cup cocoa
4 eggs
2 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon allspice
¼ teaspoon salt
1 teaspoon vanilla

Scrub, then boil in hot water, white potatoes in jackets. When done, peel and mash through ricer, measure required quantity. Mash butter soft, add sugar gradually, cream until very light. Beat eggs very light, add to butter mixture. Add warm riced potatoes and cocoa, add salt, spices and vanilla. Mix well. Sift flour and baking powder together into batter, alternately with milk. Add nuts. Mix well.

Bake in greased spring form in moderate oven forty-five to fifty minutes. When cold, ice with white icing, or cover with whipped cream when ready to serve.

WHITE POTATO CRUMB CAKE

1 cup hot riced white potatoes
1 cup finely-rolled rye bread crumbs
1 cup sugar
½ cup chopped nut meats
¼ cup finely-cut citron
¼ teaspoon salt
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon baking powder
1 teaspoon vanilla
6 eggs

Scrub potatoes, boil in hot water. When done, peel and press through ricer, measure. Beat egg yolks light, add sugar gradually, continue beating until very light, add potatoes, mix well. Add baking powder, bread crumbs, salt, vanilla, spices and nut meats. Roll citron in a little flour to dry. Add to batter. Fold in stiffly-beaten egg whites last.

Bake in greased spring form in moderate oven, about forty minutes. When cold, cover with icing, or with whipped cream when serving.

GOLD CAKE

⅔ cup butter
1⅓ cups sugar (sift 3 times)
⅔ cup milk
2¾ cups flour (sift 3 times)
7 large egg yolks
2 teaspoons baking powder
½ teaspoon vanilla
½ teaspoon orange extract
Pinch salt

Cream butter, soft, add sugar gradually, continuing to beat until grains do not show. Beat egg yolks very light, add to mixture. Add salt and flavoring. Add baking powder to flour, sift in batter alter-

nately with milk. Mix well, bake in well-greased medium sized cake pan or in two layers in moderate oven forty to fifty minutes.

FAIRY CAKE

2 cups sugar
1 cup butter
2 cups flour
⅔ cup cornstarch
1 cup milk
4 eggs
1 teaspoon vanilla
2 teaspoons baking powder
Salt

Sift sugar three times, cream with butter until grains disappear. Sift flour and cornstarch together four times, add alternately with milk to batter. Beat in eggs, each one separately. Add salt, vanilla. Add baking powder last with a little of reserved flour. Mix well. Bake in moderate oven, thirty-five to forty minutes.

CUP CAKE

1 cup butter
2 cups sugar
3 cups flour
1 cup milk
4 eggs
1 teaspoon vanilla
½ teaspoon orange extract
1 teaspoon baking powder
Pinch salt

Cream butter and sugar very light, add well-beaten eggs, beat well. Add salt and flavoring, sift flour and baking powder together, beat into batter alternately with milk. Bake in moderate oven forty-five to sixty minutes.

Variation No. 1. Add one-half teaspoon each cinnamon, cloves and allspice to cake batter.

Variation No. 2. Add spices and one-half cup cocoa to batter, leaving out one-half cup flour from recipe.

Variation No. 3. Add spices and one cup chopped seeded raisins to recipe.

CREAM CAKE

1 cup sugar (sifted twice)
2 cups flour (sifted 3 times)
1 cup cream
3 eggs
1½ teaspoons baking powder
1 teaspoon vanilla
Salt

Beat egg yolks light, sift in sugar gradually, continue stirring until well mixed. Add cream and flour alternately. Add baking powder to last flour, sift in batter. Add vanilla and salt. Fold in stiffly-beaten egg whites. Bake in moderate oven about thirty-five minutes.

DANDY CAKE

⅔ cup butter
2⅔ cups sifted flour
½ cup milk
1½ cups sugar
5 eggs
1 tablespoon orange juice
1 teaspoon vanilla
1½ teaspoons baking powder

Cream butter soft, sift in sugar gradually, stir until well mixed, add eggs, one at the time, beating well between each addition. Add flavoring, add milk and flour alternately, adding baking powder to last flour. Bake in moderate oven fifty to sixty minutes.

SOUR CREAM CAKE

1 cup sugar
1 cup sour cream
1½ cups flour
½ cup chopped raisins
2 eggs
¾ teaspoon soda
¼ teaspoon cream tartar
1 teaspoon cinnamon
1 teaspoon cloves
Pinch salt

Beat egg yolks light, add sugar gradually, continue beating until very light. Stir soda in cream, add alternately with one cup flour to batter. Add spices and salt. Add cream tartar to balance of flour, sift into batter. Beat well. Add raisins. Fold in stiffly-beaten egg whites.

Bake in greased cake pan in moderate oven fifty to sixty minutes.

BROWN SUGAR CAKE

1 cup brown sugar
½ cup butter
1 cup seedless raisins
2¼ cups flour
1 cup buttermilk, or sour milk
1 teaspoon vanilla
2 eggs
1 teaspoon soda
½ teaspoon cinnamon
½ teaspoon cloves
Pinch salt

Cream butter soft, add sifted sugar gradually, mix until creamy, add well-beaten eggs. Mix well. Add vanilla, spices and salt. Mix a little of the flour with raisins. Add soda to milk, then add alternately with flour to mixture. Add raisins. Beat well.

Bake in moderate oven about fifty minutes.

POUND CAKE

¾ lb. butter
¾ lb. sugar (sifted 3 times)
¾ lb. flour (sifted 3 times)
1 tablespoon whisky
9 eggs
½ teaspoon baking powder
1 teaspoon vanilla
Pinch salt

Cream together butter and sugar very light and creamy. Stir in whisky. Add well-beaten egg yolks. Add salt and vanilla. Add

alternately flour and stiffly-beaten egg whites. Add baking powder to last flour.

Begin the baking in slow oven, increase heat as baking progresses, one to one and a quarter hours.

WHITE POUND CAKE

1 lb. sugar (sift 4 times)
½ lb. butter
4¾ cups flour (sift 4 times)
½ cup milk
11 egg whites
2 teaspoons baking powder
1½ teaspoons vanilla
Pinch salt

Cream butter and half the sugar very light, add alternately three cups flour with milk to batter. Add salt and vanilla. Beat egg whites stiff, fold in balance of sugar gradually. Add balance of flour sifted with baking powder. Mix contents of both bowls, beating well. Bake in moderate oven.

CHEAP SPICE CAKE

1 cup sugar
½ cup butter
½ cup milk
2 cups flour
1 teaspoon vanilla
3 eggs
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon cloves
1 teaspoon baking powder
Pinch salt

Cream butter soft, add sugar gradually, cream until very light, add well-beaten yolks, add baking powder and flour mixed together, alternately with milk. Mix well. Add salt, spices and vanilla. Add stiffly-beaten egg whites last. Bake in loaf, or biscuit pan.

CHOCOLATE SPICE CAKE

1 cup butter
2 cups sugar
1 cup buttermilk
4 cups flour
½ cup water
1 cup seeded raisins
1 teaspoon vanilla
1 teaspoon lemon juice
4 eggs
⅛ lb. bitter chocolate (grated)
2 tablespoons sugar
1 teaspoon soda
2 teaspoons cinnamon
½ teaspoon cloves
½ teaspoon mace

Cream butter and two cups sugar together very light, add eggs separately, beating between each addition. Cook chocolate, two tablespoons sugar and water together, stirring until thick, remove from fire, stir into batter. Add milk, spices and flavoring. Sift flour and

soda together, add to batter. Fold in raisins before putting in pan. Bake in well-greased cake or biscuit pan in moderate oven.

FRUIT SPICE CAKE

½ cup sugar
¼ cup butter
½ cup molasses
½ cup sour milk
2 eggs
½ cup grated bitter chocolate
2 cups sifted flour
½ cup seeded raisins
½ cup chopped pecan nuts
½ teaspoon cloves
1 teaspoon cinnamon
½ teaspoon soda

Cream butter and sugar light, add molasses. Add well-beaten egg yolks. Sift flour and spices together, add to batter, add nuts and chocolate. Add raisins after rolling in a little of the flour. Stir in stiffly-beaten egg whites, stir soda in sour milk, when it begins to foam, add to batter. Mix well. Bake in cake pan or biscuit pan in moderate oven. May be cut in squares and iced with boiled icing.

JAM CAKE

1½ cups sugar
⅔ cup butter
2½ cups flour
1 cup buttermilk
1 cup jam
½ cup rolled nuts (if desired)
4 eggs
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon cloves
Pinch salt

Cream butter and sugar together light, add well-beaten egg yolks. Add flour and baking powder sifted together, alternately with soda stirred into buttermilk. Add spices, salt and jam. Beat well. Add nuts if desired. Fold in stiffly-beaten egg whites. Bake in cake pan or biscuit pan in moderate oven, forty-five to sixty minutes.

RAISIN CAKE

⅓ cup butter
1 cup sugar
½ cup milk
1¾ cup flour
1 cup seeded raisins (cut up)
½ teaspoon vanilla
1 teaspoon orange juice
2½ teaspoons baking powder
2 eggs
Pinch salt

Cream butter soft, add sugar gradually, cream until well mixed. Add well-beaten eggs. Add flour and milk alternately. Sift in baking powder with last flour. Add salt, vanilla and orange juice. Stir in raisins last after drying with a little flour. Bake in small biscuit pan or cake pan in moderate oven, thirty to forty minutes.

EGGLESS, MILKLESS RAISIN CAKE

1 cup brown sugar
1 cup cold water
2 cups seeded raisins
⅓ cup butter
2 cups sifted flour
¾ cup broken pecan meats
1 tablespoon warm water
1 teaspoon cinnamon
½ teaspoon cloves
⅛ teaspoon grated nutmeg
½ teaspoon baking powder
1 teaspoon soda
Pinch salt

Put in saucepan and boil together ten minutes, sugar, cold water, butter, raisins, spices and salt. Remove from fire, let cool. When cool, add soda dissolved in warm water, then flour sifted with baking powder. Add nuts. Mix well.

Bake in a loaf in greased bread pan in rather slow oven, forty-five to sixty minutes.

ONE-EGG GINGER BREAD

1 egg
5 tablespoons melted butter
1 cup syrup
1½ teaspoons ginger
1 teaspoon cinnamon
1½ cups flour
½ teaspoon allspice
1 teaspoon sifted soda
⅔ cup hot water

Beat egg yolk very light, add melted butter, add syrup, spices and flour. Dissolve soda in hot water before adding. Fold in stiffly-beaten egg white. Mix well. Bake in greased biscuit pan in moderate oven. Serve with Chandeau sauce.

SOUTHERN GINGER CAKE

1 cup brown sugar
½ cup butter
1 cup sour milk
2½ cups flour
½ cup syrup
3 eggs
3 teaspoons ground ginger
1 teaspoon ground cinnamon
½ teaspoon ground allspice
¼ teaspoon ground cloves
1 teaspoon soda
¼ teaspoon salt

Cream butter and sugar light. Add egg yolks separately, stirring between each addition. Add syrup and spices. Stir soda in milk, when it begins to foam, add to batter. Stir in flour. Add stiffly-beaten egg whites, mix lightly.

Bake in greased biscuit pan in moderate oven, thirty-five to fifty minutes. Serve cold with Chandeau sauce.

If desired, one cup seedless raisins may be added to batter.

SKILLET CAKE No. 1

1½ cups medium brown sugar
1½ cups butter
12 crystallized cherries
2 lb. can sliced pineapple

Cut butter in bits, strew over bottom of iron skillet. Sprinkle sugar over butter. Place one whole slice of pineapple in center. Cut balance of pineapple slices in half and arrange in circle on sugar. Put one cherry in center of whole pineapple slice, arrange other cherries on sugar. Turn following batter over contents of skillet.

Batter

½ cup butter
1 cup sugar
1½ cups flour
½ cup milk
2 eggs
1 teaspoon baking powder
¾ teaspoon vanilla
Pinch salt

Mash butter soft, add sugar, cream until light and fluffy, add well-beaten eggs and milk alternately, beat well. Sift in flour, salt and baking powder together. Flavor with vanilla. Pour over pineapple in skillet. Bake in moderate oven, about thirty minutes. When removing cake from skillet, turn upside down on cake plate so that fruit will be on top.

Serve with whipped cream.

SKILLET CAKE No. 2

2 cups old-fashioned brown sugar
½ cup butter
1 cup granulated sugar
1 cup flour (sifted 3 times)
2½ lb. can yellow peaches, or
2 lb. can sliced pineapple
5 eggs
1 tablespoon vinegar
½ teaspoon baking powder
½ teaspoon vanilla
¼ cup chopped pecans
Pinch salt

Grease an iron skillet with fresh butter, cover bottom with brown sugar, cut butter in bits over top, place over slow fire, let cook until mixture is thick as syrup. Remove at once, let cool. Arrange drained peaches or pineapple over syrup, then sprinkle nuts over top. Turn following batter in skillet.

Batter

Beat eggs very light, add granulated sugar gradually, beating until no grains show. Add vinegar, salt and vanilla. Sift baking powder and flour together, fold into batter. Pour over fruit in skillet. Bake in moderate oven, about thirty-five to forty-five minutes. Turn cake on serving plate so that fruit will be on top.

Serve with following sauce: Add one tablespoon sugar, one teaspoon butter and two teaspoons lemon juice to fruit syrup, cook ten minutes. Stir into one beaten egg yolk, then fold in stiffly-beaten egg white. Let cool before serving with cake.

MARY ANN CUSTARD CAKE

½ cup sugar
½ cup flour (sifted 3 times)
2 eggs
¼ teaspoon baking powder
1 teaspoon vinegar
2 teaspoons cold water
½ teaspoon vanilla
Pinch salt

Beat egg yolks light, add half the sugar gradually, continue beating until grains do not show. Add vinegar, vanilla and water. Mix well. Beat egg whites stiff, add balance of sugar gradually while beating. Mix yellow and white mixtures together, fold in flour and baking powder sifted together.

Bake in Mary Ann cake pan in good moderate oven, about twenty minutes. When cold, fill cavity with following:

Custard

2 cups milk
⅔ cups sugar
2 tablespoons rolled pecans
4 eggs
2 tablespoons cornstarch
1 teaspoon vanilla

Scald milk. Beat egg yolks and two whites with sugar very light, add cornstarch, stir in hot milk. Cook in double boiler, stir until thick. Remove from fire, add vanilla. Chill custard, then cover cavity in cake with it. Beat remaining egg whites stiff, add two tablespoons sugar. Cover custard with meringue, sprinkle with rolled nuts, set in oven under flame three minutes to brown lightly.

WINE CAKE RING

5 eggs
½ teaspoon baking powder
1 tablespoon vinegar
½ teaspoon vanilla
1 cup sugar (sift twice)
1 cup flour (sift 3 times)
Pinch salt

Beat eggs very light, sift in sugar gradually, continue beating until mixture is light and spongy. Add salt, vinegar, and vanilla. Beat well. Add baking powder to flour, sift gradually into batter. Fold in with egg whip.

Bake in well-greased ring mold or cake pan without tube, in good moderate oven, about forty-five minutes.

Turn cake on wire rack to cool, then pour over it the following:

Syrup

1 cup water
1 cup sugar
3 tablespoons sherry wine, or ½ cup home made wine

Let sugar and water cook together until syrupy (not thick). Add wine. Remove from fire as soon as syrup begins to boil again. Let cool (not cold), pour over cake to saturate well.

Garnish top with cut-up candied cherries. When serving, fill center of ring with whipped cream, or serve with border of whipped cream.

ONE-EGG DATE CAKE

2 cups dates (cut in small pieces)
1 cup cold water
1 cup sugar
1½ cups sifted flour
1 cup chopped pecan meats
1 egg
2 tablespoons butter
1 teaspoon sifted soda
½ teaspoon vanilla
Pinch salt

Remove pits from dates, cut in small pieces, measure required quantity. Add soda to water, mix well, pour over dates, let soak one hour.

Cream butter soft, add sugar, cream until light. Add salt and well-beaten egg. Add flour alternately with dates and water in which they were soaked. Add nuts last.

Bake in small cake pan or loaf in very moderate oven, about forty-five minutes. When cold, ice with white icing.

JELLY ROLL

3 eggs
1 tablespoon melted butter
1 tablespoon sweet cream
1 teaspoon baking powder
1 teaspoon vanilla
¾ cup sugar
1 cup flour (sift 3 times)
⅔ cup soft jelly
Pinch salt

Beat eggs light, add sugar gradually, beating until grains do not show. Add salt and cream. Sift in flour and baking powder mixed together, mix well. Add vanilla. Stir in butter melted but not hot. Turn into a medium size, well greased jelly tin lined with buttered paper. Batter should should not be more than one-quarter inch thick. The edges of paper should come a little above sides of tin.

Bake in quick oven until firm to the touch, but not crusty, about eight to ten minutes. Turn immediately on a clean towel wrung out in hot water, and pull off paper quickly. Spread at once with softened jelly, roll up quickly in wet towel three minutes, then remove and wrap in a dry napkin and put aside to cool. Slice when ready to serve.

CHOCOLATE JELLY ROLL

5 eggs
½ teaspoon vanilla
⅔ cup soft jelly
1 cup sifted confectioner's sugar
½ cup cocoa, or grated chocolate
¼ cup sifted flour
Pinch salt

Beat egg yolks light, add sugar gradually, continue beating until grains do not show. Add salt, vanilla and chocolate or cocoa. Beat well. Fold in flour and stiffly-beaten egg whites alternately. When well mixed, turn in jelly tin lined with greased paper.

Bake in hot oven about fifteen minutes. Turn out at once on towel wrung out in hot water, and proceed same as for jelly roll. Spread

with jelly, roll up; when cold put on platter and cover with following:

Chocolate Icing

⅓ cup cocoa
1 cup sifted confectioner's sugar
2 tablespoons cold coffee (about)
½ teaspoon vanilla
2 tablespoons butter

Melt butter, stir in cocoa, add sugar, stir until smooth, add coffee. Mix until right consistency to spread on cake.

STRAWBERRY SPONGE ROLL

Wash and pick stems from one quart fresh, ripe strawberries, crush slightly, mix with one cup sugar, put aside.

Make batter same as for jelly roll. Bake, turn on towel wrung out in hot water. Spread with berries. Roll up in damp towel a moment, then wrap in dry towel until cold. Put on serving platter, cover with whipped cream before serving.

CHOCOLATE SPONGE ROLL

5 eggs
½ cup confectioner's sugar
1½ tablespoons flour
1 teaspoon vanilla
⅓ cup cocoa
Pinch salt

Beat eggs light, add sugar gradually while beating spongy and lemon colored, about ten minutes. Add salt, vanilla and cocoa. Sift flour three times, then fold into batter. Bake same as jelly roll in piping hot oven, about ten minutes.

Turn out on flour-sprinkled towel and roll up. When cool, unroll and spread at once with sweetened whipped cream, or have ready a filling made by mixing two cups sifted confectioner's sugar, two teaspoons cocoa, and two teaspoons melted butter, with just sufficient hot coffee to make a smooth paste. Spread quickly on cake and roll up again.

Put on platter and cover with French Pastry Chocolate icing. Score icing with a silver fork in long lines the entire length of roll.

COCOA STRIP

¾ cup sugar
¼ cup cracker meal
½ teaspoon vanilla
¼ teaspoon baking powder
4 eggs
2 tablespoons cocoa
1¼ cups heavy cream (whipped)
Pinch salt

Beat egg yolks light, sift in sugar gradually, continue beating until creamy, stir in cocoa. Add alternately, cracker meal and baking powder sifted together, and stiffly-beaten egg whites. Add salt and vanilla.

Bake in greased biscuit pan in fairly hot oven, about fifteen minutes.

When done, let cool (not cold) in pan, then spread top with following:

Paste

¼ cup butter
4 tablespoons confectioner's sugar
2 tablespoons cocoa
½ teaspoon vanilla

Cream butter soft, stir in sugar gradually until perfectly smooth, add cocoa and vanilla. Mix well. Spread over cake. If necessary, add a bit of cream. Let stand one hour.

Cut covered cake in three equal strips, put one strip on flat platter, spread with thin layer of whipped cream, put on second strip, spread with thin layer whipped cream. Cover with third strip, then spread balance of whipped cream over top.

MATZOS MEAL ROLL

6 eggs
1 cup sugar (sift 3 times)
¾ cup sifted matzos meal
1 teaspoon vanilla
¼ teaspoon salt

Beat egg yolks light, add sugar gradually. Add salt and matzos meal. Add vanilla. Fold in stiffly-beaten egg whites. Spread in greased flat pan. Bake in hot oven ten to twelve minutes. Turn on sugared biscuit board, spread quickly with jelly. Roll up and sprinkle with confectioner's sugar, or cover with whipped cream, or chocolate icing. Slice when serving.

COCOA CAKE

2 cups sugar
1 cup butter
2½ cups flour
½ cup cocoa
1 cup milk
4 eggs
2 teaspoons baking powder
1 teaspoon vanilla
¾ cup rolled pecans
Pinch salt

Cream butter soft, add sugar, stir until light. Add eggs separately, beating well between each addition. Add salt, vanilla, and cocoa. Add milk and flour alternately, after adding baking powder to flour. Add nuts.

Bake in greased cake pan. Start the baking in slow oven, increase heat while baking.

SOUR CREAM COCOA CAKE

¾ cup butter
1½ cups sugar
½ cup cocoa
2 cups flour
½ teaspoon vanilla
1 cup sour cream
¾ teaspoon soda
2 eggs
Pinch salt

Cream butter and sugar well, add well-beaten eggs. Add salt and vanilla. Sift in cocoa. Dissolve soda in sour cream, mix well. Add alternately with flour to batter.

Bake in small, greased pan in moderate oven.

ONE-EGG CHOCOLATE CAKE

1 cup sugar
⅓ cup butter
1½ cups sifted flour
1 cup milk
1 egg
1½ teaspoons baking powder
1 teaspoon vanilla
½ cup cocoa

Cream butter and sugar light, add well-beaten egg. Mix milk and cocoa in saucepan, stir while cooking slowly until smooth, but not thick. When cool, add to butter mixture. Sift in flour and baking powder together. Mix well, flavor with vanilla. Bake in small, greased pan in moderate oven, about thirty minutes. When cold, ice with Easy Chocolate icing.

SMOOTH CHOCOLATE CAKE

½ cup butter
1½ cups sugar
2 cups flour (sifted 4 times)
⅔ cup milk
⅛ lb. bitter chocolate
3 eggs
1 teaspoon vanilla
1½ teaspoons baking powder
Pinch salt

Cream butter smooth, add sugar gradually, cream until grains do not show. Add eggs separately, beating well between each addition. Melt chocolate over hot water, add to batter. Add milk and flour alternately, sifting in baking powder with last flour. Add vanilla and salt. Beat well. Bake in moderate oven forty-five to sixty minutes.

DEVIL'S FOOD CAKE

2¼ cups flour (sifted twice)
½ cup butter
1½ cups brown sugar (sifted)
½ cup sour milk
1 teaspoon soda
1 teaspoon vanilla
2 eggs
½ cup grated bitter chocolate
½ cup boiling water
Pinch salt

Cream butter and sugar together very light, beat in eggs one at a time, add flour alternately with sour milk to batter. Mix well. Dissolve soda in boiling water, pour over chocolate, stirring until dissolved and smooth. Add to batter, mix well, add salt and vanilla, add to batter. Beat well.

Bake in moderate oven, about fifty minutes.

CHOCOLATE NUT CAKE

½ cup butter
2 cups sugar
1 cup milk
2⅔ cups flour
½ cup broken nuts
4 eggs
3 teaspoons baking powder
⅛ lb. bitter chocolate
1 teaspoon vanilla
Pinch salt

Cream butter and sugar together light, add well-beaten egg yolks. Add alternately milk and flour to which baking powder was added. Add grated chocolate, salt, vanilla, and nuts. Fold in stiffly-beaten egg whites. Bake in cake pan or biscuit pan in moderate oven.

BROWN COFFEE CAKE

1 cup brown sugar (sifted)
¾ cup butter
½ cup syrup
½ cup strong coffee
½ cup broken pecan meats
2 cups sifted flour
½ cup seeded raisins
2 eggs
1 teaspoon cinnamon
¾ teaspoon cloves
¼ teaspoon grated nutmeg
½ teaspoon soda
Pinch salt

Mash butter soft, add sugar gradually, stirring until light. Add syrup, well-beaten eggs, spices, salt and coffee. Mix soda and flour together, sift into batter. When well mixed, add nuts. Add raisins after drying with one tablespoon flour.

Bake in greased biscuit pan in moderate oven. Ice top with raw or boiled icing.

GRATED APPLE CAKE

4 eggs
1 cup sugar
1¾ cups freshly-grated apple
1 cup finely-rolled lady fingers
1 cup finely-rolled nuts
1 teaspoon baking powder
1 teaspoon vanilla
Pinch salt

Beat egg yolks and sugar very light, add grated apples, lady fingers, baking powder and salt. Add nuts and vanilla. Fold in stiffly-beaten egg whites last.

Bake in greased spring form in moderate oven. Serve covered with sweetened whipped cream, flavored with vanilla.

APPLE-SAUCE CAKE

½ cup butter
1 cup sugar
1 cup apple sauce
2 cups flour
½ cup seeded raisins
2 eggs
2 teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon salt
Dash nutmeg

Cream butter soft, add sugar gradually, until creamy. Add well-beaten eggs, salt and spices. Stir in apple sauce.

Sift flour and baking powder together, sift into batter, stirring until well mixed. Rub a little flour in raisins to dry, add to batter.

Bake in well-greased biscuit pan in moderate oven, forty to fifty minutes.

APPLE-SAUCE SPONGE CAKE

4 eggs
1 can condensed milk
2 cups unsweetened apple sauce
1 cup rolled zwieback crumbs
Vanilla or lemon extract
Pinch salt

Beat egg yolks light, add apple sauce, add condensed milk, salt and zwieback crumbs. Beat well. Add flavoring. Fold in stiffly-beaten egg whites.

Bake in greased spring form in moderate oven about forty minutes. When cold and ready to serve, cover top with sweetened whipped cream.

PRUNE CAKE

⅓ cup butter
1¼ cups sugar
1½ cups cooked, mashed prunes
⅓ cup sour milk
1½ cups sifted flour
1 cup broken nut meats
2 eggs
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon grated lemon rind
¼ teaspoon salt

Mash butter soft, add sugar gradually, cream well, add eggs, one at a time, beating well between each addition. Add creamed, mashed prunes. Stir soda in milk, add to batter. Add spices, salt, and lemon rind.

Stir one cup flour in batter. Mix balance of flour with nuts, then add to batter.

Bake in greased spring form in moderate oven, about one hour.

SMALL SPONGE CAKE

½ cup flour
½ cup sugar
2 eggs
2 teaspoons lemon juice
2 teaspoons cold water
¼ teaspoon baking powder
½ teaspoon vanilla
Pinch salt

Beat egg yolks light, add one-quarter cup sugar, continue beating until lemon colored. Add lemon juice, vanilla and salt. Beat whites of egg stiff, add balance of sugar gradually, beat until very stiff. Put two mixtures together. Sift in gradually flour and baking powder mixed together. Fold in lightly. Bake in moderate oven in well-greased small pan.

BUTTER SPONGE CAKE

1 cup sugar
1½ cups flour
½ cup boiling water
5 eggs
2 teaspoons butter
1 teaspoon vanilla
½ teaspoon baking powder
Pinch salt

Beat egg yolks light, add sugar gradually, continue beating until lemon colored, about thirty minutes. Add salt and vanilla. Sift in flour with baking powder gradually, mixing in well. Add butter to water, when melted, add gradually to mixture stirring constantly. Fold in stiffly-beaten egg whites.

Bake in rather quick oven, twenty-five minutes.

WARM WATER SPONGE CAKE

1½ cups sugar
1½ cups flour
⅓ cup warm water
5 eggs
1 teaspoon baking powder
1 teaspoon vanilla
½ teaspoon orange extract
Pinch salt

Beat egg yolks light, add sugar gradually, continue beating until creamy. Add salt, vanilla, and orange extract. Add sifted flour and water alternately, sifting in baking powder with last flour. Fold in stiffly-beaten egg whites. Bake in good moderate oven, about twenty-five minutes.

LEMON SPONGE CAKE

6 eggs
¾ teaspoon cream tartar
1 cup sugar (sifted 3 times)
¾ cup flour (sifted 3 times)
¼ cup lemon juice
Pinch salt

Beat egg yolks very light, add one-half cup sugar gradually, beat until grains are dissolved. Sift in flour, mix well. Add salt and lemon juice. Whip egg whites frothy, sift in cream tartar, whipping until stiff, fold in balance of sugar. Continue whipping with egg whip until perfectly stiff. Add white mixture to yellow mixture. Fold over and over until thoroughly mixed. Bake in ungreased angel food pan in moderate oven fifty to sixty minutes.

MERINGUE SPONGE CAKE

1 cup flour
1 cup sugar
⅓ cup cold water
6 eggs
1 teaspoon vanilla
1 teaspoon cream tartar
Salt

Boil sugar and water together until it begins to thread when dropped from spoon. Beat egg whites stiff. Pour boiling syrup very

slowly into whites, beating constantly while adding. Set aside to cool (not cold), stir occasionally while cooling.

Beat egg yolks very light, fold gradually into stiff whites. Add vanilla, sift in flour, add cream tartar to last flour, fold in lightly.

Bake in ungreased angel-food pan in moderate oven forty-five to fifty minutes.

FRUIT CAKE

1 lb. butter
1 lb. sugar
1 lb. flour (sifted)
2 lbs. seeded raisins
2 lbs. currants
½ lb. shelled almonds (cut fine)
½ lb. shelled pecans (cut fine)
½ lb. citron (cut fine)
¼ lb. crystallized pineapple (cut fine)
⅔ pkg. dates (cut fine)
12 eggs
1 teaspoon ground cloves
1 teaspoon ground allspice
1 teaspoon ground cinnamon
¼ teaspoon ground mace
½ teaspoon salt
1 teaspoon soda (sifted)
1 wineglass wine
1 wineglass whisky (grape juice may be substituted for liquor)
¼ lb. candied cherries (cut fine)

Wash and clean currants, dry in warm place. Separate raisins. Dry all fruit by rubbing with an extra one-quarter cup flour.

Cream butter soft, add sugar gradually, mix until light, add well-beaten egg yolks. Add stiffly-beaten whites. Add wine, whisky, or grape juice alternately with flour. Stir in spices and salt. Add nuts and fruits alternately until all are used and well mixed in.

Sift in soda with teaspoon flour that was reserved. (Do not add soda until just before putting cakes in oven or they will fall.)

Bake in *very* slow oven three and one-half to four hours. This quantity will make one large cake or two medium size ones.

When cakes are done, invert pans on large plate or board, do not force from pans, they will drop out. After standing a day to harden, cakes should be wrapped in cloth saturated with whisky, if they are to be kept for a long time. Cakes should always be kept in tin box. Apple peeling put in cake-box will keep fruit cake moist. Cakes may be steamed in oven five hours, then dried out one hour if preferred.

WHITE FRUIT CAKE

½ lb. butter
¾ lb. sugar
½ lb. flour
½ lb. finely-cut citron
½ cup home made wine, or ½ cup milk
7 whole eggs
½ lb. crystallized pineapple
½ lb. shelled almonds
½ lb. pecan meats
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon mace
¼ teaspoon cinnamon

Cut fruit and nuts fine. Rub separately in one-quarter cup flour to dry. Mash butter soft, add sugar gradually, creaming well. Add well-beaten egg yolks. Add flour alternately with wine or milk. When well mixed, add salt and spices. Add nuts gradually, when well stirred in, add citron and pineapple. Sift in baking powder with extra teaspoon flour. Fold in egg whites beaten stiff and dry. Turn into large cake pan lined with greased paper. Bake in very moderate oven one and one-half to one and three-quarters hours. Do not cut cake for several days. It will keep fresh several weeks if kept in tin box. One-half cup grated cocoanut may be added to cake if desired.

BROWN FRUIT CAKE

½ cup butter
1 cup sugar
1 cup molasses
1 cup ground almonds
1 cup currants
2½ cups flour
½ teaspoon soda
2 eggs
1 teaspoon each, cinnamon, cloves and allspice
1 cup seedless raisins
½ cup grated sweet chocolate
½ cup sour milk

Cream together until light butter and sugar. Beat in eggs. Add molasses, salt and spices. Add chocolate, nuts and fruit. Beat well. Add alternately flour and sour milk with soda stirred in it.

Bake in biscuit pan or cake pan in very moderate oven, about fifty-five to sixty minutes.

DATE TORTE

1 cup sugar
1 cup dates (cut up)
1 cup pecans (cut up)
1 cup flour
4 eggs
1 teaspoon baking powder
1 teaspoon vanilla
Pinch salt

Beat eggs and sugar very light, add baking powder and seven-eighths cup flour sifted together. Add vanilla and salt. Mix balance of flour with dates. Add nuts and dates to batter. Mix well, bake in greased spring form in moderate oven fifty-five to sixty minutes. When cold, saturate with whisky. Cover with whipped cream before serving.

CHOCOLATE DATE TORTE

1½ cups sugar
¾ cup stale bread crumbs (rolled and sifted)
⅓ cup cocoa
1 cup nuts (broken)
1½ cups dates (cut up)
1 teaspoon vanilla
6 eggs
1 teaspoon cinnamon
½ teaspoon allspice
2 teaspoons baking powder
2 teaspoons lemon juice
Pinch salt

Beat egg yolks light, add sugar gradually, continue beating until very light, add cocoa, salt and spices. Add bread crumbs to which sifted baking powder has been added. Add lemon juice and vanilla. Beat well. Add nuts and dates gradually. Fold in stiffly-beaten egg whites. Bake in greased spring form in moderate oven, about one hour.

DATE AND NUT TORTE

6 eggs
1½ teaspoons baking powder
1 teaspoon vanilla
1 cup pecan meats (cut fine)
1½ cups sugar
1½ cups flour
½ cup cold water
1½ cups dates (cut fine)
Pinch salt

Beat egg yolks light, add sugar gradually, continue beating until fluffy. Add water and half the flour alternately. Add salt and vanilla. Sprinkle a little of the flour over nuts and dates, add to batter. Sift in balance of flour with baking powder. Fold in stiffly-beaten egg whites. Mix well. Bake in greased spring form in a very moderate oven, about one to one and a quarter hours.

FIG TORTE

4 eggs
1 cup sugar
1 cup pecan meats (broken)
¾ cup flour
½ teaspoon baking powder
1 cup dried figs (cut fine)
½ teaspoon vanilla
Pinch salt

Beat eggs and sugar light, add flour sifted with baking powder. Add nuts, figs, and salt. Bake in small spring form in moderate oven, about fifty minutes. Cover with whipped cream when serving.

BROD TORTE

10 eggs
1 wineglass wine
1 wineglass whisky
2 teaspoons grated lemon rind
2 tablespoons lemon juice
2 cups sifted cracker meal
1 teaspoon baking powder
2 cups sifted confectioner's sugar
1 cup grated chocolate
1 cup finely-cut shelled almonds
1 cup finely-cut raisins
¼ cup finely-cut citron
Pinch salt

Beat egg yolks light, add sugar, continue beating until spongy. Add salt, chocolate, nuts and fruit. Mix well, add lemon juice and rind. Stir in liquor. Sift in cracker meal and baking powder together. Fold in stiffly-beaten egg whites. Bake in spring form in slow oven, about one and a quarter hours.

HAZEL-NUT TORTE

9 eggs
1 lb. ground hazel nuts
1 tablespoon sifted matzos meal, or
1 tablespoon sifted cracker meal
2 cups sugar
2 teaspoons lemon juice
1 teaspoon baking powder
Pinch salt

Beat egg yolks very light, add sugar gradually, beating until spongy. Add lemon juice, meal, baking powder and salt sifted together. Add nuts. Fold in stiffly-beaten egg whites last.

Bake in greased spring form in slow oven, about fifty to sixty minutes. When cold, cover with chocolate or white icing, or cover with whipped cream when serving.

ALMOND TORTE

10 eggs
½ lb. ground almonds
1 teaspoon baking powder
¼ teaspoon salt
1½ cups sugar
1¼ cups bread crumbs (rolled and sifted)
1 lemon (juice)
1 lemon rind (grated)

Beat egg yolks light, add sugar gradually, continue beating until grains do not show. Add bread crumbs gradually. Add almonds, lemon juice and rind, and salt. Sift in baking powder with a little of the bread crumbs. Beat well. Fold in stiffly-beaten egg whites.

Bake in greased spring form in moderate oven forty-five to sixty minutes.

MATZOS ALMOND TORTE

1½ cups sifted granulated sugar
¼ cup sifted matzos meal
½ tablespoon lemon juice
½ grated lemon rind
1 tablespoon cold water
¼ lb. ground pecan meats
¼ lb. ground, shelled almonds
8 eggs
1 teaspoon baking powder
¼ teaspoon salt

Beat egg yolks light, add sugar gradually, continue beating until lemon colored. Add matzos meal and baking powder sifted together, add lemon juice and rind, salt and water. Add nuts. Fold in stiffly-beaten egg whites. Bake in greased spring form in moderate oven, forty-five to sixty minutes.

MATZOS MEAL SPONGE TORTE

8 eggs
1 lemon rind
1 tablespoon lemon juice
1 teaspoon baking powder
¼ teaspoon salt
1½ cups sugar
1 cup sifted matzos meal
1 tablespoon cold water

Beat egg yolks very light, sift in sugar gradually, continue beating until fluffy, add salt, lemon rind and juice, and water. Sift in matzos

meal and baking powder together. Fold in stiffly-beaten egg whites last. Mix lightly.

Bake in greased spring form in moderately hot oven, thirty-five to forty-five minutes.

CHOCOLATE MATZOS MEAL TORTE

10 eggs
¼ lb. sweet chocolate (grated)
1 teaspoon baking powder
¼ teaspoon salt
1 grated lemon rind
⅔ cup sugar
1 cup finely-rolled pecan meats
½ cup sifted matzos meal
1 tablespoon orange juice
1 tablespoon lemon juice

Beat egg whites foamy, add baking powder and salt, beat very stiff. Add sugar gradually while continuing to beat. Fold in well-beaten egg yolks. Add chocolate, matzos meal and nuts. Stir in lemon rind and juice and orange juice. Mix well.

Bake in greased spring form in moderate oven, about one hour. When cold, ice with following:

Icing

½ cup butter (sweet butter preferred)
¼ cup cocoa
2 cups sifted confectioner's sugar (about)
1 tablespoon cold, strong black coffee
½ teaspoon vanilla

Cream butter soft, stir in cocoa, add coffee. When well mixed, stir in sugar until perfectly smooth paste. Flavor with vanilla. Cover cake with icing, let stand at least twelve hours.

ZWIEBACK TORTE

8 eggs
1 cup zwieback crumbs
1 cup grated almonds or pecans
1 cup sifted confectioner's sugar
1 teaspoon vanilla
1 teaspoon baking powder
1 grated lemon rind
Salt

Beat egg yolks and sugar together twenty minutes until very light. Add zwieback crumbs gradually, add nuts, lemon rind, vanilla and salt. Add baking powder to last crumbs. Fold in stiffly-beaten egg whites last. Bake in spring form in moderate oven. When cold, cover cake with whipped cream, or cake may be covered with any preferred icing.

ZWIEBACK CHEESE TORTE

1 pkg. zwieback (6 oz.)
1 teaspoon cinnamon
¾ cup sugar
½ cup melted butter

Grind or roll zwieback fine, mix with sugar, cinnamon and then with melted butter. Line sides and bottom of greased spring form with mixture, reserving two tablespoons for top of torte. Fill with following:

Cheese Filling

1½ lbs. cottage cheese
⅓ cup butter
1 cup sugar
1 cup heavy cream (whipped)
⅓ cup flour
5 eggs
⅛ teaspoon salt
1 teaspoon vanilla
Grated rind ½ lemon

Cream butter and sugar together very light and spongy, add well-beaten yolks and salt. Add cheese after draining and pressing through ricer. Mash smooth and creamy. Sift in flour. Add vanilla and lemon rind. Fold in whipped cream, then stiffly-beaten egg whites. Turn into zwieback-lined form, sprinkle with reserved crumbs. Bake in rather slow oven one hour. Turn out oven flame, let torte stand three-quarters hour longer until cooled. Leave on spring form bottom when serving.

VIENNA CHEESE TORTE

Crust for Spring Form

½ cup butter
½ cup sugar
1¾ cups flour
2 eggs
1 tablespoon lemon juice
½ teaspoon grated lemon rind

Cream butter and sugar well, add lemon juice and rind, add beaten eggs, stir in flour, mix well. Place in a small, slightly-floured pan on ice over night. Dough must not be handled as it will get too soft to roll.

Filling

1 lb. cottage cheese
¾ cup sugar
½ cup rich cream
3 tablespoons flour
2 tablespoons melted butter
4 egg yolks
6 egg whites
½ teaspoon grated lemon rind
½ teaspoon vanilla
¼ teaspoon salt

Drain and press cheese through ricer. Add salt, cream and sugar. Mix well, add egg yolks one at a time, beating well. Add lemon rind, vanilla and melted butter. Stir in flour. When well mixed, fold in stiffly-beaten egg whites.

Take dough from ice, roll out in circular piece on slightly-floured board, cover greased spring form at once. Pour filling in; sprinkle top with sugar and cinnamon. Bake one to one and one-quarter hours in moderate oven. Do not remove from form until cool or cake will fall.

CARROT TORTE

½ cup sugar
½ lb. almonds (ground)
½ lb. raw carrots (ground)
5 eggs
1 teaspoon cinnamon
1 teaspoon lemon juice
¾ teaspoon baking powder
1 tablespoon flour

Cream egg yolks and sugar light. Add almonds and drained carrots alternately, add cinnamon, lemon juice, flour and baking powder. Fold in stiffly-beaten egg whites. Bake in spring form in moderate oven forty-five to fifty-five minutes. Serve covered with whipped cream. Decorate with candied cherries.

WALNUT TORTE

6 eggs
1 cup ground English walnuts
1 cup confectioner's sugar
1 tablespoon flour
1 teaspoon baking powder
Pinch salt

Beat egg yolks very light with sugar, add flour sifted with baking powder. Add salt. Fold in stiffly-beaten egg whites. Add walnuts. Bake in greased spring form in moderate oven. Cover with sweetened whipped cream and walnut halves.

UNEEDA BISCUIT TORTE

¾ cup finely-rolled Uneeda biscuits
1 cup ground pecan or walnut meats
1 scant cup sugar
1 teaspoon baking powder
½ lemon (rind and juice)
4 eggs
Pinch salt

Beat egg yolks and sugar together very light. Add cracker crumbs and baking powder sifted together. Add salt, lemon rind and juice. Add nuts. Fold in stiffly-beaten egg whites last. Bake in moderate oven in small spring form lined with greased paper.

RYE-BREAD TORTE

8 eggs
2 tablespoons sherry wine, or 1 tablespoon rum essence
1 tablespoon lemon juice
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon cloves
1 teaspoon baking powder
2 cups sugar (sifted twice)
1 cup finely-cut almonds
¾ cup finely-cut citron
1⅓ cups finely-rolled stale rye bread crumbs
¼ cup grated bitter chocolate

Beat egg yolks light, add sugar gradually, beating until grains do not show. Add spices, lemon juice and wine. Mix well, add chocolate, almonds and citron. Add baking powder to bread crumbs, then add alternately with stiffly-beaten egg whites to batter.

Mix well. Bake in well-greased spring form in moderate oven, about one hour. Ice with any preferred icing.

CHAPTER XXIX

LAYER CAKES

CHEAP LAYER CAKE

1 cup sugar
¼ cup butter
1 cup milk
2 cups flour
2 eggs
2 teaspoons baking powder
1 teaspoon vanilla

Cream butter and sugar together very light, add eggs one by one, beating well between each addition. Sift flour and baking powder together, add to batter alternately with milk. Add vanilla. Bake in two layers in moderate oven, about thirty minutes.

PLAIN LAYER CAKE

1 cup butter
2 cups sugar
3 cups flour
1 cup milk
4 eggs
1½ teaspoons baking powder
1 teaspoon vanilla
½ teaspoon orange extract
Pinch salt

Cream butter soft, add sugar gradually, creaming until very light, add salt and well-beaten eggs. Sift flour and baking powder together, add alternately with milk to batter. Add flavoring. Bake in three layers in moderate oven, about twenty-five minutes, or make two layers and six small muffin cakes.

VELVET LAYER CAKE

4 egg whites
¾ cup butter
1½ cups sugar
½ teaspoon vanilla
3 cups flour
1 cup milk
2 teaspoons baking powder
½ teaspoon almond or orange extract

Cream butter soft, add sugar gradually, cream light. Add milk and flour gradually, sifting baking powder in with last flour. Add salt and flavoring. Fold in stiffly-beaten egg whites last. Beat well. Bake in two layers or in biscuit pan in moderate oven.

CHEAP WHITE LAYER CAKE

¾ cup butter
1¼ cups sugar
½ cup milk
3 cups flour
3 eggs
1 teaspoon soda
1 teaspoon cream tartar
1 teaspoon vanilla

Cream butter and sugar together very light, add well-beaten egg yolks. Whip egg whites foamy, sift in cream tartar, beating until very stiff. Add soda to flour, sift three times, add to batter alternately with milk. Flavor with vanilla or almond extract. Bake in two layers in moderate oven.

WONDERFUL WHITE CAKE

1 cup butter
2 cups sifted sugar
1 cup milk
4 cups flour
8 egg whites
1 teaspoon soda
1 teaspoon cream tartar
1 teaspoon vanilla
Pinch salt

Cream butter soft, add sugar gradually while creaming light. Add flour and milk alternately, reserving one-half cup flour. Beat egg whites very stiff, sift in cream tartar, folding over and over until well incorporated, then add to batter. Add soda to reserved flour. Then sift into batter. Add salt and vanilla, beat well. Bake in three layers. When cold, put layers together with marshmallow filling, then cover cake with Ice Cream Frosting.

Cake may be baked in a large square pan, cut in small squares when cold and iced with white or chocolate icing.

ORANGE SPONGE CAKE

1½ cups sugar
1 cup orange juice
2½ cups flour (sift 3 times)
4 eggs
3 teaspoons baking powder
Grated rind 1 orange
Pinch salt

Beat eggs light, add sugar gradually, beating until lemon colored. Add orange juice and rind. Add flour and baking powder sifted together. Add salt. Beat well. Bake in two layers in moderate oven, about twenty-five minutes. When cold, put layers together with following:

Filling

Cook together to boiling point, one and one-half cups milk, one and one half tablespoons sugar, two teaspoons butter. Beat one egg yolk light, add two teaspoons cornstarch dissolved in one teaspoon milk. Add to boiling mixture, stir until thick. Remove from fire, let cool, flavor with one-quarter teaspoon orange extract or one tablespoon orange juice. Spread between layers. Ice top of cake with following:

Icing

Cook one cup sugar with one-half cup orange juice until it threads, pour gradually into stiff-beaten white of one egg, beating until right consistency to spread.

WHITE ORANGE CAKE

¾ cup butter
1½ cups sugar
3 cups flour
¼ cup cold water
¾ cup orange juice
4 egg whites
3 teaspoons baking powder
1 teaspoon grated orange rind
½ teaspoon salt

Cream butter and sugar together light. Sift flour, salt and baking powder together three times. Add orange juice, water and flour mixture alternately to butter mixture. Add salt. Beat well. Fold in stiffly-beaten egg whites. Bake in two thick layers in moderate oven. Put layers together with custard filling. Cover top of cake with Ice Cream Frosting flavored with orange extract.

ORANGE CREAM CAKE

1 cup butter
2 cups sugar (sift 3 times)
3 cups flour (sift 3 times)
1 cup milk
5 egg whites
1½ teaspoons baking powder
1 teaspoon vanilla
Pinch salt

Cream butter and sugar light, add salt and vanilla. Add unbeaten egg whites one at a time, beating well between each addition. Mix flour and baking powder together, sift into batter alternately with milk. Beat well. Bake in two thick layers in moderate oven. When cold, put together with following

Orange Cream Filling

1 cup orange juice
2 tablespoons lemon juice
¾ cup sugar
3 tablespoons cornstarch
2 egg yolks
1 tablespoon butter
2 tablespoons cold water

Cook sugar, orange and lemon juice to good boil, add butter, cook five minutes. Add cornstarch dissolved in cold water, stir until beginning to thicken, then set saucepan in a pan of hot water, stir mixture smooth, then add well-beaten egg yolks, stirring in briskly until mixture is thick. Remove at once from fire. Let cool before spreading between layers. Cover top of cake with white icing flavored with orange juice.

PINEAPPLE LAYER CAKE

Make cake batter same as for Orange Cream Cake. Bake in two layers. When cold put together with following

Pineapple Filling

1 lb. can grated pineapple
1½ tablespoons cornstarch
2 tablespoons sugar
2 tablespoons cold water

Drain pineapple. Add sugar to syrup, cook five minutes. Dissolve cornstarch in water, add to boiling syrup, stir until thickened. Remove from fire. Add to pineapple. Mix well, let cool before spreading between layers. Ice top of cake with Egg Frosting.

PINEAPPLE CAKE WITH NUT FILLING

¾ cup butter
1¾ cups sugar
1 cup milk
3 cups flour
1½ teaspoons baking powder
5 eggs
1 teaspoon vanilla
Pinch salt

Cream butter and sugar until grains of sugar do not show, add eggs, one at the time, beating well between each addition. Add salt and vanilla. Sift flour and baking powder together, add to batter alternately with milk. Beat well. Bake in three layers in moderate oven. When cold put together with following

Pineapple Nut Filling

2 egg whites
1 tablespoon lemon juice
2¼ cups sifted confectioner's sugar (about)
1¼ cups finely-rolled pecans
2 lbs. can crushed pineapple

Put unbeaten egg whites in a bowl, stir in sugar gradually until mixture is like thick paste. Add nuts, lemon juice, and well-drained pineapple. Spread between layers. Cover cake with French pastry icing.

JAM CAKE

½ cup butter
1 cup sugar
1 cup blackberry jam
2 cups flour
3 eggs
½ cup milk
¾ teaspoon soda
½ teaspoon each, cloves, cinnamon and allspice

Cream butter and sugar together very light, beat in well-beaten eggs. Stir soda in milk, then add to batter alternately with flour. Add spices and jam. Beat well. Bake in two layers in moderate oven. Spread between layers and cover top with white icing.

WARM WATER SPICE CAKE

2 cups sugar
1 cup butter
1 cup warm milk or water
3½ cups flour
¾ cup broken nut meats
3 teaspoons baking powder
1 teaspoon grated nutmeg
1 teaspoon cinnamon
½ teaspoon allspice
1 teaspoon vanilla
3 eggs

Cream butter soft, add sugar gradually while creaming light. Add eggs one by one, beating well between each addition. Sift flour and baking powder together twice, add to batter alternately with water or milk. Add spices and vanilla. Beat well. Bake in two layers in moderate oven. Spread Marshmallow Icing between layers and on top of cake.

WHITE SPICE CAKE

½ lb. butter
1 lb. sugar
1 lb. flour
¾ cup milk
10 egg whites
1 teaspoon lemon extract
2 teaspoons baking powder
1 teaspoon each, cloves, cinnamon and allspice
Pinch salt

Cream butter soft, add sugar gradually, creaming until very light. Sift flour and baking powder together, add alternately to batter with milk. Add extract and spices, beat well. Fold in stiffly-beaten egg whites. Bake in moderate hot oven in three layers. When cold, spread layers with Marshmallow Filling and cover cake with Chocolate Icing.

CUSTARD SPICE TART

¾ cup butter
1½ cups sugar
2 cups flour
½ cup milk
1 teaspoon vanilla
5 eggs
2 teaspoons cinnamon
¾ teaspoon cloves and allspice
1½ teaspoons baking powder
Pinch salt

Cream butter and sugar together very light, add well-beaten eggs. Add salt, spices and vanilla. Beat well. Sift flour and baking powder together, add alternately with milk to batter. Bake in two or three layers in moderate oven. When cold, put Custard Filling (page 398) between layers. Cover cake with white or chocolate icing.

MAHOGANY CAKE

½ cup butter
2 cups medium brown sugar
2 cups flour (sift 3 times)
1 cup milk
3 egg yolks
1 teaspoon soda
1 teaspoon vanilla
½ cup cocoa
Pinch salt

Mash butter soft, add one cup sugar, creaming until light. Add well-beaten egg yolks, beating in batter until well mixed. Sift flour and soda together, sift in batter alternately with one-half cup milk. Add salt.

Mix cocoa, balance of sugar and milk together, stir constantly while cooking slowly until consistency of thick custard. Add while warm to cake batter, beating in well. Add vanilla. Bake in two

well-greased layer pans in moderate oven, increasing heat as baking progresses. When cold spread with any preferred icing.

CHOCOLATE SPONGE CAKE

1¾ cups sugar
1⅛ cups flour (sift 3 times)
1 teaspoon baking powder
1 cup milk
¼ lb. bitter chocolate
1 teaspoon vanilla
5 eggs

Cook chocolate and milk together slowly, stirring until mixture is thick as heavy cream, put aside to cool.

Beat four egg yolks and one whole egg light, add sugar, gradually beating until spongy. Add chocolate mixture and vanilla. Add flour and baking powder sifted together. Beat well. Fold in stiffly-beaten egg whites. Bake in two or three layers in moderate oven, thirty to forty minutes. When cold, fill and ice with chocolate or white icing.

CHEAP CHOCOLATE CAKE

1 cup butter
1½ cups sugar
1½ cups flour
3 eggs
3 teaspoons baking powder
3 squares bitter chocolate
¾ cup milk
3 teaspoons baking powder

Cream butter and sugar together very light. Dissolve chocolate over hot water, add to butter mixture. Add well-beaten eggs, flour and milk alternately. Add baking powder with last flour. Add vanilla. Beat well. Bake in two layers in moderate oven. Fill and ice with preferred icing.

SOUR CREAM CHOCOLATE CAKE

⅓ cup butter
1½ cups sugar
1 cup sour cream
2 cups flour
2 eggs
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon vanilla
⅛ teaspoon salt
2 squares bitter chocolate (⅛ lb.)

Cream butter, add sugar gradually. Add well-beaten egg yolks. Dissolve soda in cream (sour milk will do) stir into batter. Sift flour, baking powder and salt together three times, add alternately with chocolate (melted over hot water) to batter. Beat well. Add vanilla, fold in stiffly-beaten egg whites. Bake in two well-greased, flour sprinkled layer pans in moderate oven, about forty minutes.

CHOCOLATE FILLED CAKE

6 eggs
¼ lb. bitter chocolate
1 teaspoon baking powder
1 teaspoon vanilla
2 cups sugar
1 cup milk
1 cup flour
Pinch salt

Break chocolate in pieces, add milk, stir constantly over slow fire until smooth and thick, remove from fire, let cool slightly. Beat egg yolks and sugar together light, add salt and chocolate mixture, mix well, then add flour and baking powder sifted together alternately with milk. Add vanilla. Fold in stiffly-beaten egg whites. Bake in two layers in moderate oven. When cold, put together and cover top with following

Soft Icing

¼ lb. sweet chocolate
2 tablespoons sugar
½ teaspoon vanilla
¼ cup soft butter
1 cup strong coffee

Cook chocolate, sugar and coffee together, stirring until quite thick; remove from fire, stir in butter and vanilla briskly. Spread on cake.

CHOCOLATE ICE-CREAM CAKE

1 cup sugar
½ cup butter
½ cup milk
2 cups flour (sift twice)
3 eggs
2 teaspoons baking powder
1 teaspoon vanilla
Pinch salt

Cream butter and sugar together very light, add whole eggs separately, beating well between each addition. Add salt. Alternate milk and flour, adding baking powder to last flour. Flavor with vanilla. Add following warm custard to batter:

Custard

½ cup milk
1 cup sugar
1 egg yolk
1 cup grated bitter chocolate

Mix together, stir while cooking until thick enough to coat spoon heavily. Add to cake batter, beat well. Bake in two well-greased layer pans in moderate oven. When cold, spread between layers, and on top of cake, following

Icing

1½ cups sugar
½ cup milk
3 squares bitter chocolate (scraped) (little less than ¼ lb.)
1 egg yolk
2 teaspoons butter
1 teaspoon vanilla

Mix sugar, milk, butter and egg yolk together, stir while cooking five minutes. Add chocolate, stir until thick enough to spread on cake.

SHERRY'S CHOCOLATE CAKE

¾ cup butter
1½ cups sugar
2½ cups flour
¾ cup milk
4 eggs
2 teaspoons baking powder
1 teaspoon vanilla
¼ lb. sweet chocolate (grated)
Pinch salt

Cream butter and sugar together very light; add eggs separately, beating well between each addition. Add salt, vanilla and chocolate. Beat well. Sift flour and baking powder together, add to batter alternately with milk.

Bake in two or three layers in moderate oven. When cold, spread between layers the following

Filling

2 cups scalded milk
1½ tablespoons cornstarch
2 tablespoons sugar
2 egg yolks
2 teaspoons sherry
Few grains salt

Beat eggs and sugar light, add hot milk gradually. Add cornstarch dissolved in a bit of cold milk. Stir while cooking in double boiler until thick. Remove from fire, let chill before adding sherry wine. Ice top of cake with the two egg whites beaten stiff with five tablespoons sifted confectioner's sugar and flavored with one-quarter teaspoon vanilla.

FUDGE TART

1 cup sugar
½ cup milk
1 cup grated bitter chocolate

Cook ingredients together, stirring until smooth. Remove from fire, let cool slightly, then add to following.

Cake Batter

½ cup butter
1 cup sugar
½ cup milk
2½ cups flour
1 cup broken pecan meats
2 teaspoons baking powder
1½ teaspoons vanilla
3 eggs

Cream butter soft, add sugar gradually, stirring spongy. Add well-beaten egg yolks. Add cooked chocolate mixture, stirring all the while. Sprinkle a little of the flour over nuts, add balance to mixture alternately with milk. Sift in baking powder with last flour. Add vanilla and nuts. Fold in stiffly-beaten egg whites. Bake in two or

three layers in moderate oven, forty to forty-five minutes. When cold, fill layers and ice top with chocolate or white icing.

INDIAN FUDGE CAKE

¾ cup butter
1½ cups sugar
1¾ cups flour
⅔ cup milk
¼ cup cocoa
3 eggs
2 teaspoons baking powder
1 teaspoon vanilla
1 teaspoon each, cloves, cinnamon and allspice
Pinch salt

Cream butter and sugar together very light. Add well-beaten egg yolks, salt, vanilla, spices and cocoa. Sift baking powder and flour together, add to batter alternately with milk. Fold in stiffly-beaten egg whites. Bake in two layers or biscuit pan in moderate oven. When cold, cover with following

Icing

2 cups sifted confectioner's sugar
⅛ lb. bitter chocolate
2 tablespoons strong coffee
1 teaspoon vanilla
Sweet cream

Melt chocolate over hot water. Stir coffee into sugar, add chocolate; add sufficient cream to make right consistency to spread. Flavor with vanilla.

BROWN SUGAR CHOCOLATE CAKE

½ lb. medium brown sugar
¼ lb. butter
2¼ cups flour
¾ cup grated bitter chocolate
1½ teaspoons baking powder
½ cup buttermilk
2 eggs
¾ teaspoon soda
1 teaspoon vanilla
½ cup hot water
Pinch salt

Cream butter soft, sift in sugar gradually, stirring until light. Add salt and well-beaten egg yolks. Add half the flour, beating in well. Add vanilla. Put soda in a bowl, add buttermilk, then add hot water; stir until mixture foams, then add to batter. Sift baking powder and balance flour together, add to batter. Add vanilla and chocolate. Fold in stiffly-beaten egg whites. Bake in two layers in moderate oven, about thirty minutes. When cold, put between layers the following

Filling

2 tablespoons butter
2 tablespoons cream (about)
½ cup rolled pecan meats
1 cup sifted confectioner's sugar
¼ teaspoon vanilla

Mash butter soft, add sugar gradually while stirring; add sufficient cream to make right consistency to spread. Add vanilla and nuts. Ice top of cake with cooked chocolate icing, decorate with pecan halves.

CINNAMON CHOCOLATE CAKE

½ cup butter
1 cup sugar
½ cup milk
1½ cups flour
2 eggs
3 teaspoons cinnamon
1½ teaspoon baking powder
Pinch salt

Cream butter and sugar together light. Add well-beaten eggs. Add flour and baking powder sifted together, alternately, with milk. Add salt, vanilla and cinnamon. Bake in two well-greased layer tins. When cold, put together and ice top with following

Filling

2 egg whites
1 cup sifted confectioner's sugar
1 oz. bitter chocolate (2 squares)

Beat whites stiff, add sugar gradually; add chocolate after melting over hot water. Flavor with vanilla. Spread at once on cake.

POTATO CHOCOLATE CAKE

1 cup warm, creamed white potatoes
1 cup butter
2 cups sugar
⅔ cup milk
½ cup grated bitter chocolate
2 cups flour
2 teaspoons baking powder
4 eggs
1 cup chopped pecan meats
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon salt
1 teaspoon vanilla

Boil potatoes in jackets, drain, peel, press through ricer, pack in cup required quantity. Cream butter and sugar together very light, add well-beaten egg yolks. Melt chocolate over hot water, add to mixture. Add potatoes, spices, salt and vanilla. Beat well. Sift flour and baking powder together, add to mixture alternately with milk. Add nuts. Fold in stiffly-beaten whites last. Bake in two thick layers in moderate oven. When cold, put together and ice top with chocolate or white icing, or with sweetened whipped cream.

MOCHA SPONGE CAKE

1 cup sugar
½ cup hot coffee
1½ cups flour
3 eggs
1 teaspoon baking powder
1 teaspoon vanilla
Pinch salt

Beat egg yolks very light, add sugar gradually, beating until fluffy. Stir in hot coffee, vanilla and salt. Add baking powder and flour sifted together. Fold in stiffly-beaten egg whites.

Bake in two layers in fairly hot oven, about twenty-five minutes. When cold, spread sweetened whipped cream flavored with coffee or mocha essence between layers and on top of cake.

MOCHA TART

1½ cups sugar
¾ cup butter
½ cup cold coffee
2½ cups flour
3 eggs
1 teaspoon baking powder
1 teaspoon vanilla
Pinch salt

Cream butter and sugar together very light; add well-beaten eggs, salt and vanilla. Sift flour and baking powder together, add to batter alternately with coffee. Bake in two layers in moderate oven. When cold, spread between layers the following

Filling

Cream one-half cup sweet butter until soft, add one and one-quarter cups sifted confectioner's sugar gradually, add two tablespoons cocoa, two tablespoons black coffee and one teaspoon vanilla. Mixture should be of creamy consistency. Add more sugar or coffee if necessary.

FUDGE MOCHA TART

¾ cup butter
1½ cups brown sugar
¾ cup molasses
3 cups flour
¾ cup strong coffee
¼ teaspoon salt
3 eggs
3 teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon cloves
⅛ teaspoon mace

Cream butter soft, sift in sugar gradually, creaming until light. Add well-beaten eggs and molasses. Add salt and spices. Beat well. Add baking powder and flour sifted together.

Bake in two layers in moderate oven, about thirty minutes. When cold, put between layers the following

Filling

¾ cup milk
¼ cup strong coffee
⅓ cup sugar
2 egg yolks
2 tablespoons cornstarch
1 teaspoon vanilla

Dissolve cornstarch in two tablespoons milk. Scald balance milk. Beat egg yolks and sugar together light, add dissolved cornstarch and coffee, mix well, add hot milk.

Cook in double boiler, stirring constantly until quite thick. Remove from fire, add vanilla, put aside until cold before spreading between layers.

Ice top of cake with any preferred white icing.

MOCHA CRUMB TART

8 eggs
½ lb. sugar
2 cups ground pecan meats
1 cup finely-rolled ladyfinger crumbs
1 teaspoon baking powder
½ grated lemon rind
1 tablespoon lemon juice
Pinch salt

Beat egg yolks light, add sugar gradually, beating until light and spongy. Add salt, lemon juice and rind. Add nuts. Mix in cake crumbs and baking powder together, alternately, with stiffly-beaten egg whites. Bake in two layers in good moderate oven about twenty-five to thirty-five minutes. Do not remove from pans until slightly cool, then spread thinly between layers and ice top with the following

Filling

1¾ cup confectioner's sugar (about)
3 tablespoons butter
2 tablespoons cocoa
¼ cup strong coffee
½ teaspoon vanilla

Cream butter soft, add sugar gradually until smooth; add coffee, cocoa and vanilla. Mixture should be of right consistency to spread; if necessary, add more sugar or coffee.

PECAN TART

1 cup sugar
½ cup butter
1¾ cup flour
½ cup milk
¾ cup broken pecan meats
2 teaspoons baking powder
3 eggs
¾ teaspoon vanilla
1 teaspoon orange juice
Pinch salt

Cream butter and sugar together very light, add well-beaten egg yolks. Add salt, vanilla and orange juice.

Sift flour and baking powder together, add to batter alternately with milk. Fold in stiffly-beaten egg whites. Bake in two layers in moderate oven.

Put together and ice with any preferred icing; decorate top with pecan halves.

HAZEL-NUT TART

8 eggs
½ teaspoon vanilla
½ lemon rind (grated)
1½ cups sugar
½ cup flour
1½ cups ground hazel nuts
Pinch salt
½ teaspoon baking powder

Beat egg yolks very light, add sugar gradually, beating until fluffy. Add salt, vanilla and lemon rind. Sift flour and baking powder over nuts, then add gradually to batter while stirring. Fold in stiffly-beaten egg whites. Bake in two layers in ungreased layer tins, in very moderate oven fifty to sixty minutes. When cold, ice between layers and on top with white icing, or use whipped cream in place of icing.

EGGLESS NUT TART

½ lb. butter
¼ lb. ground blanched almonds
1 cup sifted confectioner's sugar
2 cups flour

Cream butter soft, add sugar gradually until creamy. Add almonds. Stir in flour until well mixed.

Turn dough on slightly-floured biscuit board, shape in loaf, then divide in two equal portions. Pat out and spread in two well-greased, flour-sprinkled layer tins. Bake in slow oven, about fifteen minutes until lightly browned.

Remove from oven; let cakes remain in pans three minutes before removing, then invert on clean towels and let them fall out. When cold put layer together with following

Filling

1 cup rolled pecan or walnut meats
1 cup sifted confectioner's sugar
¼ cup cream (about)
¼ teaspoon lemon extract
Whipped cream

Mix nuts and sugar together, add just sufficient cream to make right consistency to spread. Flavor with lemon extract. Spread between layers. Cover top with slightly-sweetened whipped cream; let cake stand three hours before serving.

LADY BALTIMORE CAKE

½ lb. butter
1 lb. sugar
1 lb. flour
1 cup milk
8 egg whites
4 teaspoons baking powder
1 teaspoon vanilla
1 teaspoon orange extract
Pinch salt

Cream butter and sugar together very light and foamy. Add salt, vanilla and orange extract. Sift flour and baking powder together, add to batter alternately with milk. Fold in stiffly-beaten egg whites. Bake in two or three layers in well-greased layer tins in moderate oven. When cold, put layers together with Lady Baltimore filling. Top of cake may be covered with same filling or with Ice Cream Frosting and decorated with cut candied cherries and nuts.

BALTIMORE NUT CAKE

1½ cups sugar
¾ cup butter
3 cups flour
½ cup broken pecan meats
½ cup cut, seeded raisins
3 eggs
1 teaspoon vanilla
3 teaspoons baking powder
1 tablespoon orange juice
Pinch salt

Cream butter soft; add sugar gradually, creaming until light. Add well beaten egg yolks, salt, vanilla and orange juice. Add a little flour to raisins and nuts, then sift balance with baking powder; add to batter alternately with milk. Add nuts and raisins. Fold in stiffly-beaten egg whites last. Bake in two layers in very moderate oven, about forty-five minutes. When cold, put layers together and ice top with Ice Cream Frosting.

CHARLOTTE POLONAISE

1 cup butter
2 cups sugar (sift twice)
3 cups flour (sift 3 times)
1 cup water
5 egg whites
1½ teaspoons baking powder
1 teaspoon vanilla
¼ teaspoon orange extract

Cream butter and sugar together very light; add salt, vanilla and orange extract. Add flour and water alternately, sift in baking powder with last flour. Fold in very stiffly-beaten egg whites. Bake in three layers in moderate oven, thirty to forty minutes. When cold, between layers put the following

Filling

2 cups scalded milk
⅓ cup sugar
½ cup coarsely-rolled nuts
1½ squares bitter chocolate (little less than ⅛ lb.)
4 egg yolks
10 stale macaroons (rolled fine)
1 teaspoon vanilla
3 teaspoons cornstarch
½ teaspoon rosewater

Beat egg yolks and sugar together very light, add scalded milk gradually.

Cook in double boiler, adding cornstarch dissolved in a little cold milk; stir until thick, then remove from fire, let cool. When cold, add nuts and macaroon crumbs, then divide custard in two equal parts. To one portion add vanilla and chocolate (after melting over hot water). To other portion add rosewater. Spread filling between layers, using light filling between first two. Cover top of cake with white icing.

Cake should stand at least six hours before serving.

CUSTARD LAYER CAKE

1 cup sugar
1 cup flour
1 scant teaspoon baking powder
4 eggs
1 teaspoon vanilla
1 tablespoon cold water

Cream eggs light, add sugar gradually; cream until grains disappear. Add vanilla and water. Sift flour and baking powder together four times, then add gradually to mixture.

Bake in square biscuit pan in rather quick oven, about twenty minutes.

When cold, cut in half, crosswise, then put between the two layers the following

Filling

2 cups milk
½ cup sugar
1 teaspoon vanilla
3 egg yolks
1½ tablespoons cornstarch

Beat egg yolks and sugar together very light; add cornstarch dissolved in a little of the milk. Scald balance milk, add gradually to egg mixture.

Cook in double boiler, stirring until quite thick. Remove from fire, add vanilla.

Cover top of cake with following

Meringue

3 egg whites
2 tablespoons cocoa
½ cup sugar
1 teaspoon lemon juice
Pinch salt

Add salt to egg whites, beat stiff, add sugar gradually, beating very stiff. Add lemon juice and cocoa, beat smooth, then spread over cake.

NEAPOLITAN LAYER CAKE

1 cup butter
1 cup sugar (sifted twice)
1¼ cups flour (sifted 3 times)
2 tablespoons cocoa
1 tablespoon milk
6 egg whites
½ teaspoon vanilla
½ teaspoon orange extract
¼ teaspoon baking powder
Pinch salt

Cream butter soft, add sugar gradually, creaming until grains disappear. Add vanilla and orange extract. Add baking powder and flour sifted together. Add salt to egg whites, beat to stiff, dry froth, then fold into batter.

Divide batter in three equal portions. Bake two portions in two similar layer tins. Add cocoa and milk to remaining portion; bake

in similar layer tin. Bake in moderate oven about thirty minutes. When *cool,* remove from pan and put layers together with following

Filling

6 egg yolks
1½ cups sweet cream
1 teaspoon vanilla
3 tablespoons sugar
1 teaspoon cornstarch

Beat yolks very light, add sugar gradually. Dissolve cornstarch smooth in a little cream, add to egg mixture.

Scald balance cream, add gradually to mixture. Cook in double boiler, stirring until quite thick. Let cool, add vanilla and spread between layers, leaving dark layer in the middle.

Cover cake with French pastry icing flavored with orange extract.

ZWIEBACK SPONGE TART

4 eggs
1 tablespoon cocoa
½ teaspoon vanilla
½ teaspoon baking powder
½ grated lemon rind
1 cup confectioner's sugar
1 cup finely-rolled zwieback crumbs
Pinch salt

Beat egg yolks and sugar very light and spongy. Add salt, vanilla, lemon rind and cocoa. Mix baking powder with crumbs, add to batter alternately with stiffly-beaten egg whites. Bake in moderate oven in two well-greased small layer tins. When cold, put layers together with following

Filling

1 egg
1 cup milk
¼ teaspoon vanilla
1 tablespoon sugar
1 tablespoon cornstarch
1 tablespoon citron (cut fine)

Scald milk. Beat egg and sugar together very light, add cornstarch dissolved in a little milk. Add hot milk gradually. Cook while stirring until thick. Remove from fire, add citron. When cool, add vanilla and spread between layers. Ice top with any preferred icing.

BLITZ MERINGUE TART

1 cup butter
1 cup sifted confectioner's sugar
¼ cup rolled blanched almonds or pecan meats
1 cup flour
1 teaspoon baking powder
4 egg yolks
⅓ cup milk
½ teaspoon vanilla
Pinch salt

Cream butter soft, add sugar gradually, creaming until light. Add well-beaten egg yolks, salt and vanilla. Add flour and milk alter-

nately, sifting in baking powder with last flour. Spread mixture with hand in two small, well-greased layer tins. Sprinkle nuts evenly over tops. Before baking, cover layers with following

Meringue

4 egg whites
1 teaspoon lemon juice
¾ cup sugar

Beat egg whites stiff, add sugar gradually, continue beating until very stiff. Add lemon juice. Spread evenly over contents of layer tins, then bake in slow oven thirty-five to forty minutes. When cold, spread between layers the following

Filling

1 cup milk
2 eggs
½ teaspoon vanilla
2 tablespoons sugar
2 teaspoons cornstarch

Scald milk. Beat eggs and sugar very light; add cornstarch. Add hot milk gradually, mixing well. Cook in double boiler, stirring until thick. Remove from fire, add vanilla. Chill thoroughly before spreading between layers.

GINGER WAFER TART

1 cup sugar
4 eggs
1 cup finely-rolled ginger wafers
1 cup finely-rolled pecan meats
½ teaspoon baking powder
¼ teaspoon cloves
½ teaspoon cinnamon
1 teaspoon vanilla
Pinch salt

Beat egg yolks light, add sugar gradually, beating until spongy. Add salt, spices and vanilla. Mix wafer crumbs and baking powder together, add to batter. Beat egg whites very stiff, fold half of it in batter; add nuts, then fold in balance of stiff whites. Bake in two layers in moderate oven. When cold, spread white or chocolate icing between layers and on top of cake, and sprinkle heavily with rolled nuts.

GRAHAM WAFER TART

½ cup butter
1 cup sugar
⅓ cup milk
½ grated lemon rind
1 teaspoon vanilla
2 teaspoons baking powder
3 eggs
¾ cup coarsely-rolled pecans
2¼ cups finely-rolled graham crackers
Pinch salt

Heat crackers, let cool, roll fine, measure required quantity. Cream butter and sugar very light. Add eggs separately, beating between

each addition. Add salt, vanilla and lemon rind. Add milk and crumbs alternately, adding baking powder with last crumbs. Fold in nuts.

Bake in two layers in moderate oven. When cold, spread between layers Lemon Filling (page 399) and ice top of cake with white icing; or put sweetened whipped cream between layers and on top of cake before serving.

COCOANUT GRAHAM TART

⅓ cup butter
¾ cup sugar
¾ cup milk
1½ cups grated fresh cocoanut
2 cups finely-rolled graham crackers
1 teaspoon baking powder
3 eggs
1 teaspoon vanilla
1 grated lemon rind
½ grated orange rind
Pinch salt

Cream butter and sugar together very light, add well-beaten egg yolks, salt, vanilla, orange and lemon rind. Add cocoanut. Add milk and crumbs alternately, adding baking powder with last crumbs. Fold in stiffly-beaten egg whites. Bake in two well-greased layer tins in moderate oven.

When cold, spread between layers and on top of cake following

Icing

2 tablespoons soft butter
3½ cups sifted confectioner's sugar (about)
⅓ cup orange juice
½ cup rolled pecans

Cream butter soft, stir in orange juice. Add sufficient sugar to make smooth and right consistency to spread on cake.

FILLED DATE TART

1½ cups sugar
1½ cups flour
1 cup chopped nuts
1 cup cut-up dates
6 eggs
½ cup ice water
1½ teaspoons baking powder
1 teaspoon vanilla
Pinch salt

Beat egg yolks and sugar very light and spongy. Add water and flour alternately, adding baking powder with last flour. Add salt and vanilla. Add nuts and dates. Fold in stiffly-beaten egg whites. Bake in two layers in moderate oven. When cold, spread between layers and cover top with following

Filling

1 cup heavy cream
¼ lb. milk chocolate
½ teaspoon vanilla
2 teaspoons confectioner's sugar

Melt chocolate over hot water. Whip cream stiff, adding sugar gradually; add melted chocolate and vanilla. Mix well.

GRAPEFRUIT CAKE

¾ cup sugar
¾ cup flour
2 large grapefruit
1¼ cups heavy cream
4 eggs
½ teaspoon baking powder
1 teaspoon vanilla
⅓ cup sugar
Pinch salt

Peel grapefruit; remove carefully all bitter white skin, seeds and pith. Separate sections, cut in large dice pieces, cover with one-third cup sugar, place in refrigerator one hour.

Beat egg yolks very light, sift in sugar gradually, beat twenty minutes. Add salt and vanilla. Sift flour and baking powder together three times, then add to batter alternately with stiffly-beaten whites of egg. Bake in two layers in fairly hot oven.

When cold, cover one layer with grapefruit dice, moisten with a little of the juice. Put on top cake layer, moisten first with grapefruit juice, then cover entire cake with whipped cream sweetened with one tablespoon confectioner's sugar. Decorate top with balance of grapefruit, drained.

Orange sections may be used instead of grapefruit.

PEACH CAKE

Make same as grapefruit cake, using three-pound can best yellow peaches, or twelve fresh clear-stone peaches.

STRAWBERRY CAKE

Make same as grapefruit cake, using one and one-half cups cut, sweetened fresh strawberries between layers and fourteen large select berries to decorate top of cake.

STRAWBERRY BUTTER CAKE

½ cup butter
1 cup sugar
½ cup milk
2 cups flour
1½ cups heavy cream
3 eggs
1 qt. fresh, ripe strawberries (cut in half and sweetened)
1 teaspoon vanilla
1 teaspoon baking powder
18 select strawberries

Cream butter soft, add sugar gradually, creaming very light. Add well-beaten eggs and vanilla. Sift flour and baking powder together, add to batter alternately with milk. Beat well. Bake in two layers

in moderate oven. When cold, spread sweetened berries between layers and on top of cake. Cover entire cake with sweetened whipped cream, and decorate top with select berries. Peaches or grated pineapple may be used in place of strawberries.

DATE STRAWBERRY CAKE

6 eggs
1½ cups sugar
1½ cups flour
½ cup cold water
1 cup chopped pecan meats
1¼ cups heavy cream
1 teaspoon vanilla
1½ teaspoons baking powder
1½ cups cut dates
1 qt. ripe strawberries (cut up and sweetened)
Pinch salt

Beat egg yolks and sugar very light and spongy. Add salt and vanilla. Add water and half the flour alternately. Sprinkle a little flour over nuts and dates. Sift balance of flour with baking powder, add to batter alternately with stiffly-beaten egg whites. Add nuts and dates. Bake in two well-greased layer tins in very moderate oven.

When cold, spread berries between layers and on top of cake. Cover whole with whipped cream sweetened with confectioner's sugar.

BOSTON CREAM PIE

1 cup flour
¼ cup boiling milk
⅔ cup sugar
1 teaspoon baking powder
2 eggs
¼ teaspoon salt
½ teaspoon vanilla
Salt

Beat eggs very light with egg whip, add sugar gradually; continue beating until grains disappear. Stir in boiling milk. Sift flour and baking powder together four times, add slowly to mixture, beating all the while. Add pinch salt and vanilla. Bake in a deep round layer tin, in moderate oven, about thirty minutes.

When done, let cool in pan before turning out, then split in half crosswise. Put between cake the following filling, and sprinkle top of cake with confectioner's sugar.

Cream Filling

2 eggs
¼ cup sugar
1 cup scalded milk
2 tablespoons cold milk
1 teaspoon butter
½ teaspoon vanilla
1 tablespoon cornstarch

Beat eggs light. Mix sugar and cornstarch together, add cold milk, mix well, then add to beaten eggs. Stir in hot milk gradually, add butter. Cook in double boiler, stirring until quite thick. Remove from fire, let cool, add vanilla. Chill before putting between layers.

CHAPTER XXX

COOKIES, SMALL CAKES AND WAFERS

Cookies and small cakes require a little more time, care and experience than large cakes, but will repay one for the extra trouble. Most of them remain fresh a long time.

They are nice to serve for dessert, or with fruit or drinks when unexpected guests drop in; and are a never-failing source of joy when there are children in the home.

Cookies are not expensive even when rich ingredients are called for, as one baking will supply cakes for a great many occasions, especially if, after the baking, they are allowed to cool, then immediately put carefully in an air-tight tin box lined and covered with wax paper.

The approximate number of cakes made from most recipes has been given, so that if a smaller quantity is desired, the ingredients may be cut in half.

In rolling out cookies, care should be taken not to use too much flour on the board, as the cakes will be stiff. The tops should be brushed with melted butter, or a mixture of egg yolk and a little milk to glaze them. If a mixture of rolled nuts and confectioner's sugar is sprinkled over the glaze, the little cakes will be more attractive. A little cinnamon added to the sugar gives a nice flavor.

Cookies require a quick oven, but great care must be taken that they do not burn, especially around the edges. Sometimes a few of them get brown before the balance are done. In that case, the brown ones must be removed from the pan or they will burn before the others finish baking. The pan may easily be put back in the oven to complete the baking of the others.

BUTTERMILK COOKIES

¾ cup sugar
¾ cup butter
¼ cup buttermilk
½ teaspoon vanilla
1 egg
½ teaspoon soda
1 teaspoon baking powder
¼ teaspoon grated lemon peel
Flour
Pinch salt

Cream butter and sugar very light, add well-beaten egg. Stir soda in buttermilk; when it foams, add to mixture. Sift baking powder and one cup flour together, beat gradually into batter. Add salt, vanilla and lemon peel. Work in just sufficient flour to enable you to handle and roll out dough (about three cups); do not make

dough stiff. Roll out half the dough as thin as possible on slightly-floured board. Cut with cookie cutters, first dipped in flour. Place in greased baking tins. Gather up trimmings, roll out with balance of dough and cut same as others. Brush tops with yolk of egg moistened with a little milk. Sprinkle with a mixture of rolled nuts, confectioner's sugar and cinnamon. Bake in fairly hot oven. Makes forty to fifty small cakes.

SOUR-CREAM COOKIES

½ lb. butter
½ lb. flour (about)
½ teaspoon salt
½ cup sour cream
½ cup sugar
½ grated lemon rind

Rub flour and butter together between the hands until crumbly. Add salt, lemon rind and sugar, mix well. Work in cream with a spoon, handling as little as possible to make dough. Roll out *very* thin on a lightly floured biscuit board. Proceed same as with buttermilk cookies.

BUTTER COOKIES

2 cups butter
1½ cups sugar
5 cups flour (about)
1 tablespoon whisky, or ½ teaspoon rum essence
1 lemon rind (grated)
2 teaspoons lemon juice
1 teaspoon vanilla
½ teaspoon cinnamon
½ teaspoon baking powder
Pinch salt

Cream butter soft, add sugar gradually, beating until well mixed; add whisky or rum essence. Add cinnamon, vanilla, lemon juice and rind. Stir in flour gradually, adding baking powder to second cup before sifting it in batter.

Mix in flour enough to make dough (not stiff). Roll out on slightly-floured biscuit board one-quarter inch thick. Proceed same as for buttermilk cookies. Glaze cakes. Sprinkle thickly with mixture of one cup rolled nuts and one cup sugar mixed together. Makes fifty to sixty cakes.

SUGAR COOKIES

½ cup butter
½ cup Crisco or other butter substitute
2¼ cups sifted flour (about)
1 teaspoon lemon juice
4 egg yolks
1 lemon rind
2½ cups sugar
Pinch salt

Cream shortening and sugar together light; add well-beaten egg yolks. Add salt, lemon rind and juice. Add flour. Mix well. Roll out one-quarter inch thick on slightly-floured biscuit board. Proceed same as with buttermilk cookies. Makes about sixty-five cakes.

SAND COOKIES

1 cup butter
1½ cups sugar
1 tablespoon cold water
1 teaspoon baking powder
1 teaspoon vanilla
3 eggs
4 cups flour (about)

Cream butter and sugar together light; add eggs, beating between each one. Add flour sifted with baking powder. Add water and vanilla. Roll out in thin sheet, cut in small cakes with a floured cake cutter, put in greased biscuit pans. Sprinkle tops with cinnamon and granulated sugar mixed together. Bake in fairly hot oven.

SWEET-CREAM COOKIES

¼ lb. butter
1 teaspoon vanilla
1 teaspoon grated orange rind
¼ cup sifted confectioner's sugar
½ cup rich cream
2½ cups flour (about)
Pinch salt

Cream butter soft, add sugar gradually. Mix in cream. Add orange rind, salt and vanilla. Mix in flour gradually until dough is just stiff enough to roll out. Roll out thin on floured biscuit board. Proceed same as with buttermilk cookies. Bake in moderate oven, about twenty minutes. Makes about eighty small cakes.

EMMA'S COOKIES

1 cup butter
1 cup sugar
5 cups flour (about)
2 eggs
1 lemon
1 teaspoon baking powder
Good pinch salt

Melt butter in saucepan not brown, remove from fire, stir in two cups sifted flour until smooth. Beat eggs and sugar together very light; add salt, grated rind and juice of lemon, stir into butter mixture. Add baking powder and just enough more flour to enable dough to be rolled easily. Roll out thin on slightly-floured biscuit board. Cut with cookie cutters. Brush each cake with melted butter, sprinkle tops with rolled nuts, sugar and cinnamon, mixed together. Bake in quick oven until nicely browned, about ten to twelve minutes. Makes eighty to ninety cakes.

PROHIBITION TEA CAKES

1 cup butter
1 cup sugar
½ cup home made wine
4 cups sifted flour (about)
¼ teaspoon cinnamon
½ teaspoon vanilla
¼ teaspoon baking powder
Pinch salt

Cream butter soft, add sugar, continue creaming until well mixed. Beat in wine, add salt, cinnamon and vanilla. Sift in flour gradually while beating, add baking powder to second cup flour.

Mix well, roll out one-quarter inch thick on floured biscuit board. Cut with fancy cake cutters. Put in greased pans dusted with flour. Sprinkle granulated sugar over tops. Bake in moderate oven. Makes about forty cakes.

LIGHTNING CAKES

¾ lb. butter
¾ lb. sugar
1½ lbs. flour
5 eggs
½ teaspoon salt
½ teaspoon vanilla
½ teaspoon baking powder
1 lemon rind (grated)

Cream butter soft, add sugar gradually, cream until well mixed. Add eggs, beating between each addition. Add salt, vanilla and lemon rind. Sift in flour, adding baking powder to last flour.

Roll out about one-eighth inch thick on well-floured biscuit board. Proceed same as with buttermilk cookies. Bake in greased biscuit pans in fairly hot oven, about fifteen minutes. Makes about one hundred small cakes. Use half ingredients for smaller quantity.

PEANUT-BUTTER COOKIES

¾ cup butter
2 cups sugar
2 eggs
3 cups flour
1 cup peanut butter
½ cup parched peanuts
4 teaspoons baking powder
Pinch salt

Cream butter and sugar together light. Add peanut butter, cream smooth. Add well-beaten eggs and salt. Beat well. Add flour and baking powder sifted together. Roll out very thin on slightly-floured board. Place in greased biscuit pans. Place half a peanut in center of each cake. Bake in moderate oven.

GINGER COOKIES

1 cup butter
1 cup sugar
1 cup molasses
½ cup strong coffee
1½ teaspoons ground ginger
2 teaspoons sifted soda
Pinch salt
Flour

Cream butter and sugar together very light. Add molasses, salt and ginger. Dissolve soda in coffee, add to batter. Work in sufficient flour to enable dough to be rolled out. Roll in very thin sheet on slightly-floured board. Cut with small round cutter. Bake in fairly hot oven.

SYRUP COOKIES

¾ cup syrup
¼ cup sugar
¼ cup butter
¼ cup buttermilk or sour milk
4½ cups flour (about)
½ teaspoon salt
½ teaspoon soda
2 teaspoons ginger
¼ teaspoon allspice
1 tablespoon water

Heat butter, syrup, sugar and water together. Sift flour, salt and spices together. Stir heated syrup gradually into flour mixture. Dissolve soda in milk, stir into mixture. Mix well, put aside until cold.

Roll out on floured biscuit board in thin sheet. Cut with cookie cutter. Bake in greased, floured biscuit pans in moderate oven. Makes about fifty cakes.

OATFLAKE COOKIES

1 cup brown sugar
½ cup butter
2 cups uncooked oatflakes
¼ cup hot water
2 cups flour (about)
½ cup cut-up dates, ½ cup chopped nuts
½ teaspoon cinnamon
¼ teaspoon salt
½ teaspoon soda
¼ teaspoon baking powder
1 tablespoon lemon juice
1 egg

Cream butter and sugar together; when creamy, add well-beaten egg, cinnamon, salt and lemon juice. Dissolve soda in hot water, add to batter. Run oatflakes through meat grinder, add to batter. Add dates or nuts. Add flour and baking powder sifted together to make dough easy to handle. If necessary, add a little more flour.

Roll out in thin sheet on well-floured biscuit board. Cut with cookie cutter. Bake in moderate oven, about twenty to twenty-five minutes.

COOKED OATMEAL COOKIES

¾ cup cold, cooked oatmeal
1¾ cups flour
½ cup sugar
¼ cup syrup
⅓ cup butter
1 egg
½ teaspoon salt
3 teaspoons baking powder
½ teaspoon vanilla
⅓ cup rolled nuts

Cream butter and sugar together very light; add syrup, then well-beaten egg. Add flour, salt and baking powder sifted together. Add oatmeal, mix well, flavor with vanilla. Stir in nuts last.

Droy by teaspoons in greased biscuit pans. Bake in moderate oven, about twenty minutes. Makes about forty-five cakes.

CORN FLAKE OR POST TOASTIES COOKIES

3 cups Post Toasties or corn flakes
3 cups flour
1 cup brown sugar
½ cup butter
¼ cup hot water
¼ cup finely-rolled nuts, or ¼ cup finely-cut dates
½ teaspoon cinnamon
¼ teaspoon salt
¼ teaspoon soda
½ teaspoon baking powder
1 teaspoon lemon juice
1 egg

Cream butter soft, add sugar gradually, mix until creamy; add well-beaten egg, salt, cinnamon and lemon juice.

Dissolve soda in hot water, add to batter. Heat Post Toasties, run through fine meat grinder, then stir into batter. Mix flour and baking powder together, sift into batter, stirring well while adding. Add nuts or dates. Dough should be easily handled, but not too soft. It may be necessary to add a little more flour.

Roll out in thin sheet on well-floured board. Cut with cookie cutter, place in greased, floured biscuit pans. Bake in moderate oven, about twenty-five to thirty minutes.

ICE-BOX COOKIES

1 cup butter
¾ cup medium brown sugar
½ cup granulated sugar
3½ cups flour
¾ cup broken pecan meats
½ cup seeded raisins
½ teaspoon soda
1 teaspoon vanilla
½ teaspoon salt
1 teaspoon cinnamon
1 tablespoon lemon juice
1 whole egg
1 egg yolk

Cream butter soft, add white and brown sugar gradually, stir until light. Add well-beaten egg and yolk. Add salt, cinnamon, vanilla and lemon juice. Beat well. Sift in part of flour, stir while adding nuts and raisins. Add balance of flour sifted with soda. Mix well. Turn dough on floured board, cut in half. Roll with hand in two round rolls about two to three inches thick. Lay on slightly-floured platter, place in refrigerator, twenty-four hours or longer, to become firm.

When ready to bake, cut in thin slices crosswise. Bake in greased, flour-sprinkled biscuit pans in moderate oven, fifteen to twenty minutes. Makes fifty-five to sixty small cakes. Part of the cakes may be baked, and balance of dough kept in refrigerator several days before slicing and baking.

CHOCOLATE SUGAR KRINGLES

½ cup butter
1 cup sugar
2 cups sifted flour
1¼ cups grated bitter chocolate
1 teaspoon vanilla
¼ teaspoon soda
½ teaspoon cinnamon
4 tablespoons milk
Pinch salt

Cream butter soft, add sugar gradually, stir until grains do not show. Add milk. Mix well. Add cinnamon, vanilla and salt. Mix flour and soda together, add chocolate. Stir chocolate mixture into batter.

Sprinkle biscuit board with granulated sugar. Drop batter by teaspoonfuls on sugar, then roll and form into rings, crescents, or any preferred shape.

Put in pans greased and sprinkled with flour, not too close together. Bake in slow oven, about twenty-five minutes. Makes about forty cakes.

MUCHGOSOONERS

2 cups sifted granulated sugar
1 cup finely-cut citron
½ lb. ground almonds
½ lb. ground pecan meats
1 tablespoon whisky
1 tablespoon lemon juice
3 eggs
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
¼ teaspoon salt
1 lemon rind (grated)

Beat eggs light, add sugar gradually, beating until grains do not show. Add whisky, salt and spices. Add lemon juice and rind. Stir in nuts, then citron. Mix well. Drop by teaspoonfuls in ungreased pans. Glaze tops with one egg mixed with one tablespoon milk. Press one blanched almond or one-half pecan meat or one candied cherry in center of each cake. Shape cakes round with tips of fingers.

Bake in rather slow oven, about thirty minutes. Makes about seventy small cakes.

ROCKS

½ cup butter
1¼ cups sugar
3 eggs
¼ cup warm water
1 tablespoon lemon juice
¾ lb. finely-cut dates
1 teaspoon each, cinnamon and allspice
1 lb. cut-up mixed nuts
3 cups flour
½ teaspoon soda

Cream together light, butter and sugar. Stir in whole eggs. Mix well. Add lemon juice, spices and nuts. Add flour. Add soda dissolved in warm water.

Fold in dates lightly. Drop by teaspoonfuls in greased biscuit pans dusted with flour. Bake in moderate oven.

EASY COCOANUT CAKES

2 cups dried, shredded cocoanut (may be bought in cans)
1 cup sweetened condensed milk
½ teaspoon vanilla
Pinch salt

Mix ingredients together in a bowl, stir well. Drop by teaspoonfuls in biscuit pan greased with fresh butter. Bake in slow oven until dry and lightly browned, about twenty minutes.

HERMITS

2 cups sugar
1 cup butter
3 cups flour (sifted twice)
1½ cups seedless raisins
¼ cup hot water
1 tablespoon lemon juice
3 eggs
1 teaspoon cloves
1 teaspoon cinnamon
½ teaspoon mace
¼ teaspoon salt
1 teaspoon sifted soda

Mash butter soft, add sugar gradually, creaming until very light. Add eggs, mixing well between each one. Add spices, salt and lemon juice.

Dissolve soda in hot water, add to batter. Sift in flour; when well mixed, stir in raisins.

Drop by teaspoonfuls in greased pans dusted with flour. Sprinkle granulated sugar over each cake. Bake in rather quick oven, twelve to fifteen minutes. Do not place cakes close together in pans. Makes about seventy cakes.

BROWNIES

½ cup melted butter
1 cup sugar
½ cup sifted flour
⅔ cup coarsely-rolled nuts
2 squares bitter chocolate (⅛ lb.)
½ teaspoon vanilla
½ teaspoon baking powder
2 eggs
Pinch salt

Separate eggs. Beat yolks very light. Add salt to whites, whip very stiff. Mix whites and yolks together. Melt chocolate over hot water, add butter, remove from hot water. Add sugar gradually, beat until mixture is light. Add chocolate mixture to eggs, stir well. Sift in flour and baking powder together. Add vanilla, stir in nuts.

Drop by teaspoonfuls in pans well greased and dusted with flour. Bake in moderate oven about twelve to fifteen minutes. When done, ice with boiled icing. Makes about thirty-five to thirty-eight small cakes.

PEANUT LEAF PUFFS

1 cup butter
⅓ cup cream (about)
2 cups flour
Confectioner's sugar
Rolled, parched peanuts

Cream butter soft, mix in flour gradually, add just sufficient cream to make easily-handled dough, not too soft. Roll very thin on slightly-floured board, cut in squares. Bake in greased biscuit pans

in rather quick oven. When puffs are very delicately browned, draw pan to oven door, sprinkle heavily with confectioner's sugar, then with rolled peanuts. Push back in oven a few moments longer to slightly parch nuts.

RAISIN DROP CAKES

½ cup butter
1 cup brown sugar
½ cup citron
½ cup seedless raisins
½ cup broken pecan meats
2 cups flour
1 teaspoon lemon juice
2 eggs
1 teaspoon cinnamon
¼ teaspoon cloves
½ teaspoon allspice
1 teaspoon baking powder
Pinch mace

Cream butter and sugar together light, add eggs one at a time. Add spices, lemon juice, nuts and fruit. Add flour with baking powder last. Stir well. Drop by teaspoonfuls in greased biscuit pans. Bake in moderate oven. Let remain in pans five minutes before removing.

DATE DROP CAKES

1¼ cups sugar
½ cup butter
1 cup pecan meats (broken)
1 cup almonds (cut fine)
1½ cups dates (cut in pieces)
3 cups flour
1 tablespoon warm water
3 eggs
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon cloves
¼ teaspoon mace
½ teaspoon soda
Pinch salt

Cream butter and sugar together light. Add well-beaten eggs. Add spices and salt. When well mixed, add nuts and dates. Sift in flour. Add soda dissolved in water. Mix well, drop by teaspoonfuls in greased biscuit pans. Bake in moderate oven.

CORN-FLAKE DROP CAKES

3 cups rolled corn flakes or Post Toasties
¾ cup sugar
¼ cup butter
½ cup flour
½ cup rolled nuts
2 eggs
1 teaspoon vanilla
2 teaspoons baking powder
½ cup cut, seeded raisins
Pinch salt

Heat cornflakes, let cool slightly, run through fine meat grinder, or roll fine with rolling pin (crumbs should measure three-quarters cup).

Mash butter soft, add sugar, stir until creamy; add well-beaten eggs, mix well. Add salt, vanilla and flake crumbs.

Sift a little of the flour over raisins, then add balance of flour and

baking powder sifted together to batter. Mix well. Stir in nuts and raisins.

Drop by teaspoonfuls (not close together) on well-greased, flour-sprinkled baking tins. Bake in rather hot oven, about twelve to fifteen minutes. Makes about forty cakes.

CHOCOLATE DROPS

1 cup sugar (sifted)
¼ cup butter
1 cup pecans (chopped)
1½ cups flour
2 eggs
⅛ lb. bitter chocolate
½ lemon, rind and juice
Pinch salt

Cream butter and sugar well, add eggs beaten very light. Melt chocolate over hot water, add to butter mixture. Add salt, lemon, rind and juice, and nuts. Mix well. Sift in flour.

Drop by teaspoonfuls in greased biscuit pans (not too close together). Bake in moderate oven, twenty to thirty minutes.

PEANUT DROPS

½ cup sugar
¼ cup butter
1 cup flour
1¼ cups coarsely-rolled, parched peanuts
1 whole egg
1 egg yolk
1½ teaspoons baking powder
¾ teaspoon vanilla
¼ cup milk
Whole peanuts
Pinch salt

Mash butter soft, stir in sugar until creamy. Beat whole egg and yolk together light, add to butter mixture. Sift flour and baking powder together into batter, alternately with milk. Add vanilla and salt. Stir in rolled peanuts.

Grease baking tins, then sprinkle with flour. Drop by small teaspoonfuls on greased tins. Press half a peanut in center of each cake. Bake in moderate oven, about fifteen minutes. Makes about thirty-five small cakes.

BOSTON FRUIT DROPS

½ cup butter
¾ cup sugar
1¾ cups sifted flour
½ cup pecan meats (rolled coarsely)
⅓ cup currants
⅓ cup seeded raisins
2 eggs
¼ teaspoon salt
1 teaspoon lemon juice
1 teaspoon cinnamon
½ teaspoon sifted soda

Cream butter and sugar together, light; add eggs, beating between each one. Add half the flour, salt, lemon juice and cinnamon. Rub raisins and currants in a little of flour to dry; add to batter. Add nuts. Mix soda with remaining flour, sift in batter. Mix well.

Drop by teaspoonfuls in greased pans dusted with flour. Bake in moderate oven. Makes about forty small cakes.

ORANGE SPONGE DROPS

1¼ cups flour
¾ cup sugar
¼ cup orange juice
3 egg yolks
1 teaspoon baking powder
Grated rind 1 orange
Pinch salt

Beat eggs light, add sugar gradually; continue beating until spongy. Add orange juice, rind, and salt. Sift flour and baking powder together, add gradually while beating.

Drop by teaspoonfuls in greased pans. Bake in fairly hot oven, about fifteen minutes.

CRACKER-MEAL CAKES

2 eggs
½ lemon, juice and rind
1 tablespoon grated bitter chocolate
1 cup sugar
1 cup ground almonds
1 cup sifted cracker meal

Beat eggs with sugar very light. Add juice and rind of lemon, almonds and cracker meal. Melt chocolate over hot water, add to batter. Drop by teaspoonfuls in greased biscuit pans. Bake in very slow oven. When done, ice tops with boiled or raw icing.

ROLLED OATS MACAROONS

2½ cups rolled oats
¾ cup sugar
¼ cup cut, seedless raisins
½ cup rolled nuts
2 eggs
2 teaspoons baking powder
1 teaspoon vanilla
2 tablespoons butter
Pinch salt

Cream butter soft, add sugar gradually, stir over warm water until well mixed; remove from water, add well-beaten eggs, salt and vanilla. Stir until light.

Run rolled oats through meat grinder, mix with baking powder, add to mixture gradually. Stir in nuts and raisins.

Batter will be stiff. Drop by teaspoonfuls in well-greased biscuit pans, not too close together. Bake in hot oven about fifteen minutes. Makes about forty small cakes.

DATE MACAROONS

6 egg whites
¼ lb. shelled almonds
¼ lb. pecan meats
1½ cups sugar
2 pkgs. dates
2 teaspoons lemon juice
Small pinch salt

Remove pits from dates. Wipe almonds with dry cloth, run dates and almonds together through meat grinder. Add salt to egg whites, then whip stiff. Add sugar gradually, continue whipping until stiff enough to stand. Add lemon juice. Fold in date mixture gradually. When well mixed, drop by teaspoonfuls in buttered pans. Bake in slow oven. Makes about sixty small cakes.

DATE MERINGUES

1 lb. finely-chopped dates
½ lb. shelled almonds
1 teaspoon vinegar
4 egg whites
1 cup sugar
Few grains salt

Cut almonds in thin strips without blanching. Add salt to egg whites. Add sugar and beat until stiff enough to hold its shape. Fold in almonds and dates gradually. Stir in vinegar. Drop by teaspoonfuls on buttered tins. Bake in very slow oven about fifty minutes.

PECAN KISSES

4 egg whites
1 teaspoon vanilla
1⅓ cups granulated sugar
1¼ cups broken pecan meats
Pinch salt

Use only very fresh eggs; put whites, salt and sugar in bowl. Begin beating at once with egg whip and continue beating constantly until thick enough to hold its shape. It will require twenty to twenty-five minutes. Add vanilla, fold in pecans. Drop by teaspoonfuls in flat pans on ungreased white paper.

Bake in very slow oven until set and slightly brown, about fifty to sixty minutes. When done, the cakes may be easily lifted from paper. Makes forty to forty-five kisses.

FRUIT KISSES

Cut in small pieces one pound dates, one-half pound dried figs and one-half pound English walnuts. Mix together. Stir in stiffly-beaten whites of two small eggs. Flavor with one teaspoon whisky.

Mold into very small cakes with the hand. Bake in a *very slow* oven on waxed paper. Time required for baking or drying out, about one-half hour. Ice at once with boiled icing.

These cakes will keep fresh several weeks in a tin box.

CORN-FLAKE KISSES

2 egg whites
3 drops lemon extract, or ½ teaspoon vanilla
¾ cup sugar
1½ cups corn flakes
1 cup dry grated cocoanut, or 1 cup rolled nuts
Pinch salt

Heat corn flakes, roll fine with rolling pin. Add salt to whites, beat with sugar until stiff enough to stand. Fold in corn flakes, add nuts or cocoanut. Add flavoring.

Drop by teaspoonfuls in greased pans. Bake in moderate oven until set and slightly brown, about twenty-five minutes.

GRAPENUT KISSES

½ cup grapenuts
⅔ cup sugar
½ cup pecan meats (cut fine)
2 egg whites
1 tablespoon lemon juice
Tiny pinch salt

Heat grapenuts, then roll fine. Add salt and sugar to egg whites, whip very stiff. Add lemon juice, continue to whip until stiff enough to stand (requires twenty-five to thirty minutes).

Fold in grapenuts and pecans gradually. When well mixed, drop by teaspoonfuls on flat tins lined with buttered paper.

Bake in very slow oven until set and very delicately browned. Makes thirty to thirty-five kisses.

CINNAMON STARS

4 egg whites
1 lb. blanched ground almonds
1 lb. sifted confectioner's sugar
2 teaspoons cinnamon
1 tablespoon lemon juice

Beat egg whites very stiff. Add sugar, cinnamon and lemon juice gradually, beat fifteen minutes longer. Put aside one-fourth of this mixture for top of cakes. Add almonds to remainder. Turn mixture on board using confectioner's sugar in place of flour to keep from sticking. Separate in small pieces with a knife; then with the fingers, shape in two-inch oblong pieces, leaving pointed at both ends. Spread top of each cake with a little of reserved icing. Bake in a very moderate oven in greased pans, not too slow or cakes will be dry. Tops should be slightly brown.

DATE STICKS

⅔ cup sugar
1 cup coarsely-rolled nuts
1 cup cut-up dates
½ cup sifted flour
3 eggs
1 teaspoon lemon juice
½ teaspoon vanilla
1 teaspoon baking powder
Pinch salt

Beat eggs light, add sugar, continue beating until grains do not show. Add salt, lemon juice, and vanilla, stir in nuts; mix well. Sift baking powder and flour together in batter gradually. Add dates after rolling in one-half tablespoon flour.

Bake in small, well-greased biscuit pan in moderate oven, about

thirty-five to forty minutes. (Do not spread batter too thin.) When done, let cool in pan, not cold, then cut in strips about two inches wide and four inches long. Remove from pan and roll lightly in sifted confectioner's sugar.

NUT SLICES

2 cups brown sugar (packed)
1¾ cups sifted flour
1½ cups pecan meats (coarsely rolled)
1 teaspoon vanilla
1½ teaspoons baking powder
4 eggs
1½ teaspoons cinnamon
½ teaspoon allspice
¼ teaspoon cloves
Pinch salt

Beat eggs light, adding sugar gradually while beating. Add salt, spices and vanilla. Add flour and baking powder sifted together. When well mixed, stir in nuts.

Bake in well-greased biscuit pan in moderate oven; about forty-five minutes. When done, let cool slightly. Ice top with soft icing. Let remain in pan until icing is "set," then cut in slices four inches long and one inch wide.

HONEY CAKES

4 eggs
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon allspice
¼ teaspoon salt
1 teaspoon lemon juice
2 cups flour
2 cups brown sugar
1 cup pecan meats (cut fine)
1½ cups dates (cut up)
1 teaspoon baking powder
1 teaspoon vanilla
Pinch mace

Beat eggs very light, add sugar gradually; continue beating until grains do not show. Add spices, lemon juice, vanilla and salt. Add nuts, then dates gradually. Mix well. Sift in flour and baking powder together.

Grease medium size biscuit pan, dust with flour. Turn in batter, spread evenly. Bake in moderate oven forty-five to sixty minutes. Spread with thin icing made of confectioner's sugar stirred with just sufficient cream to make smooth. Flavor with lemon extract. Spread on top of cake while still warm; let remain in pan until cold, then cut cake in small squares.

BUTTERSCOTCH CAKES

1 cup butter
¾ cup sugar
½ cup cut-up citron
2 cups flour
1 egg yolk
1 tablespoon syrup
½ teaspoon vanilla
Pinch salt

Cream butter soft, add sugar, beat until well mixed. Add egg yolk, mix well. Add salt, vanilla and syrup. Stir in citron after rubbing in one tablespoon flour. Mix in flour. Spread one inch thick in medium size biscuit pan. Bake in moderate oven thirty to forty minutes. When done, let stand ten minutes in pan, then cut in squares. When cold ice with Puff Icing. Makes about thirty cakes.

FRENCH PASTRIES

2 cups flour
1 cup butter
¼ cup sugar
1 egg yolk
½ grated lemon rind
½ teaspoon salt

Cream butter soft, add sugar, stir until grains do not show. Add well-beaten egg yolk, salt and lemon rind. Sift flour twice, add to batter.

Take off small pieces pastry, roll between fingers into crescents, rings, or any desired shape, or drop with teaspoon in small round cakes, pressing a dent in center and placing red jelly or marmalade in dent.

Dip each cake in unbeaten egg, then in granulated sugar to which rolled, blanched almonds or pecans have been added.

Cakes may be shaped and decorated to suit individual taste. Bake in greased pans in moderate oven.

CREAM CHEESE ENVELOPES

¼ lb. butter
3 oz. cream cheese (1 pkg.)
1 cup flour
⅛ teaspoon salt

Mash butter soft, add cheese, stir to creamy mixture. Add salt and flour, mix well. Place in bowl on ice until next day to harden.

When ready to bake, roll out very thin on floured board. Cut in four-inch squares. Place a preserved fig or a spoonful orange marmalade in center of each square, sprinkle a few chopped nuts over. Catch entire outside square together in center of top, twisting so as to close envelope tightly. Bake in greased pans in a fairly hot oven until nicely browned, about ten to twelve minutes.

Take out of refrigerator only enough dough to work at one time as it will stick to board if it gets warm.

Makes about twenty-five cakes.

COTTAGE CHEESE ENVELOPES

½ lb. butter
½ lb. cottage cheese
½ teaspoon salt
4 cups flour (about)
¾ cups sugar

Cream butter and sugar together light. Stir in cheese that has been run through ricer and drained. Add salt and flour. Mix to soft

dough. It may be necessary to add a little more flour if cheese is soft.

Roll out on floured biscuit board about one-eighth inch thick. Cut in four-inch squares, fill center with jelly, or with sugar, cinnamon and nuts. Fold over double in triangles, press edges together to keep filling in. Bake in greased biscuit pans in moderate oven. Sprinkle with powdered sugar while hot.

Serve with coffee, tea or chocolate. These cakes are best when fresh.

PECAN MUFFIN CAKES

1 cup brown sugar
1 cup coarsely-rolled pecans
½ cup sifted flour
2 eggs
½ teaspoon vanilla
½ teaspoon baking powder

Beat eggs light, add sugar gradually, beating until smooth. Add vanilla. Add flour and baking powder sifted together. Add nuts just before putting in oven.

Bake in well-greased, small muffin rings in moderate oven, twenty-five to thirty minutes. Makes twelve small muffins. When cold, ice with white icing.

MARY ANN DATE CAKES

6 eggs
2 teaspoons baking powder
⅛ teaspoon salt
1½ cups cut-up dates
1½ cups sugar
1½ cups flour
1½ cups coarsely-rolled pecans
1 lemon, juice and grated rind

Beat eggs very light, add sugar gradually until spongy. Add juice and rind of lemon. Stir in nuts and salt. Roll dates in a little of the flour, add to mixture. Add baking powder to balance of flour, sift in mixture. Mix well. Turn in well-greased, small Mary Ann cake pans. Bake in moderate oven about twenty-five minutes. When cold, saturate cakes with rum or wine, then cover with whipped, sweetened cream, or white icing.

DATE SQUARES

4 eggs
1 cup flour
1 teaspoon baking powder
½ lemon, rind and juice
1 cup sugar
1 cup chopped nut meats
1 cup chopped dates

Beat egg yolks and sugar very light. Add lemon rind and juice. Add flour and baking powder sifted together, alternately, with stiffly-beaten egg whites. Add nuts and dates. Bake in medium size greased biscuit pan in moderate oven, about twenty-five to thirty

minutes. When cold, ice with French pastry icing and cut in small squares, placing half a pecan in center of each cake.

SPONGE MUFFIN CAKES

½ cup sugar
½ cup flour
2 eggs
½ teaspoon vanilla
1 teaspoon baking powder
4 drops lemon extract
Pinch salt

Beat egg yolks very light, sift in sugar gradually, beat until grains are dissolved. Sift flour and baking powder together three times, add to mixture, alternately, with stiffly-beaten egg whites. Add salt and flavoring. Fill well-greased, small muffin rings two-thirds full with batter, bake in quick oven, twenty to twenty-five minutes.

SNOWBALLS

Bake angel food cake in medium size biscuit pan. When cold, cut, in small squares or fingers. Dip in Egg Frosting, then roll in grated, fresh cocoanut. Let cakes stand on wire rack until icing is dry.

HEART CAKES
(For Valentine's Day)

Make a Wonderful White Cake or Angel Food Cake batter. Spread in pans about one inch deep. Bake in moderately hot oven. When done, remove from pans, upside down on flat board. When cold, cut with a heart-shaped sandwich cutter. Cover with boiled icing, colored with vegetable coloring to suit desired table decorations.

BLACK WALNUT CAKES

4 eggs
1 lb. dark brown sugar
1½ teaspoons baking powder
½ teaspoon vanilla
1 cup black walnut meats
⅓ cup blanched almonds (cut fine)
1½ cups flour
Pinch salt

Beat eggs and sugar very light and spongy. Put in saucepan, set inside another one of boiling water. Stir constantly ten minutes, then remove from fire, sift in flour and baking powder together. Put back in boiling water. Stir constantly until flour is well mixed in, about six minutes. Remove from fire, add salt, vanilla and nuts. Mix well. Turn in medium size, warm (not hot) greased biscuit pan. Bake in moderate oven, twenty to twenty-five minutes.

When done, remove from oven, cut in small squares, but do not remove from pan until perfectly cold.

These cakes require no icing, but may be iced if preferred.

SMALL FUDGE CAKES

1½ cups flour
2½ cups dark brown sugar
4 eggs
1 teaspoon vanilla
1½ teaspoons baking powder
Pecan meat halves
Pinch salt

Beat eggs light, add sugar gradually, continue beating until spongy. Put in double boiler, stir until mixture is thick as custard. Remove from fire; while hot, sift in flour to which baking powder has been added. Add salt and vanilla. Beat well.

Grease a medium size biscuit pan with fresh butter, cover bottom with pecan meat halves. Pour batter over nuts. Bake in moderate oven thirty to thirty-five minutes, until done.

Before removing from pan and before cake is quite cold, spread top with following

Icing

1½ cups confectioner's sugar
1½ tablespoons cream (about)
½ teaspoon lemon extract

Roll sugar smooth, add just sufficient cream to make paste; add lemon extract, mix well. Spread on cake.

Icing should be just thick enough to spread thinly over cake with a spatula.

Let cake remain in pan until perfectly cold, then cut out in squares.

OLD-FASHIONED LEPS

1 qt. molasses
1½ teaspoons salt
1 teaspoon baking powder
1 teaspoon cloves
1 teaspoon allspice
¼ teaspoon ginger
1 teaspoon sifted soda
1 lemon, rind and juice
11 cups flour (about)
1 cup brown sugar
¾ cup finely-cut citron (dried with a little flour)
1 cup coarsely rolled pecan meats
2 eggs
¼ nutmeg, grated

Put molasses in large boiler, let boil five minutes, sift in soda, stir quickly. As soon as syrup boils up (which it will do in a second), stir in quickly two cups sifted flour to prevent syrup running over. Stir three minutes after adding flour, then remove and set aside to cool.

When cool (not cold), stir in spices, citron, lemon rind and juice, sugar, salt and nuts. Add two cups more flour. Add eggs. Sift in baking powder with next cup flour. Continue adding flour until dough is very stiff, then roll out about three-quarter inch thick on well-floured biscuit board.

Cut with cookie cutters. Place cakes in biscuit pans that have

been greased and sprinkled with a little flour. Let stand six to eight hours or over night before baking.

When ready to bake, brush tops with egg mixed with a bit of milk; stick one-half blanched almond or pecan in center of each cake.

Bake in very moderate oven carefully as syrup cakes burn quickly. These cakes will be hard when first baked and are better when kept several weeks. Makes about one hundred cakes.

EGG LEPS

6 eggs
1 teaspoon cinnamon
½ teaspoon allspice
1 teaspoon salt
3 teaspoons lemon juice
¼ teaspoon mace
¼ teaspoon cloves
1½ teaspoons baking powder
2½ cups sifted flour
1 cup syrup
1½ cups grated sweet chocolate
1 cup brown sugar
1 cup rolled pecan meats
1½ cups finely-cut citron
1 cup pounded almonds

Beat three whole eggs and three yolks light, continue stirring while adding sugar gradually. Stir in syrup; when well mixed, add salt, spices and lemon juice. Add chocolate and nuts. Add citron after mixing with a little of the flour. Sift in flour and baking powder while stirring.

Turn in two well-greased, medium size biscuit pans; spread lightly with floured hands, about one and one-half inches thick.

Bake in very moderate oven, about thirty-five to forty-five minutes. When cool, cut in small squares and ice top and sides with following

Icing

To remaining three egg whites add a tiny pinch salt; whip very stiff, add gradually two and one-half cups sifted confectioner's sugar and three teaspoons lemon juice. Stir smooth until proper consistency to spread on cakes. Let cakes dry in warm place.

Makes sixty-five to seventy cakes. If kept in air-tight tin box, these cakes will keep fresh three to four weeks.

SOFT LEP CAKES

¼ cup butter
¼ cup sugar
2 cups syrup
4 cups sifted flour
1 cup seedless raisins
1 cup shelled almonds (cut up)
½ cup citron (cut fine)
¼ cup bitter chocolate (melted over hot water)
1 level teaspoon soda
2 teaspoons milk
2 eggs
1 lemon rind
3 teaspoons lemon juice
1 teaspoon cinnamon
2 teaspoons salt
1 teaspoon cloves
1 teaspoon allspice

Cream butter and sugar light, add one whole egg and yolk of other. (Put other white aside for icing.) Beat well, add syrup. Add lemon rind and juice, salt and spices. Add melted chocolate. Dissolve soda in milk, add to batter. Add nuts and fruit, mixing in well. Sift in flour gradually. When well mixed, spread in large biscuit pan, about one inch thick, with floured hand. Bake in moderate oven, about thirty to forty minutes.

When done, ice top with following icing before removing from pan.

Icing

Whip reserved egg white stiff; add alternately, while using egg whip, two and one-half cups sifted confectioner's sugar and four teaspoons lemon juice. When smooth and thick, spread on cake. When thoroughly dry, cut cake in squares. Makes about sixty cakes.

DANDYRITES

Fresh, unsweetened wafers (crackers)
Coarsely-rolled nut meats
Honey

Spread top of wafers with honey, then sprinkle thickly with nut meats. Brown slightly in moderate oven. Let cool before serving. Puffed rice may be used instead of nuts.

Nice for tea.

MARGUERITES

18 round unsweetened wafers (crackers)
¾ cup finely-rolled, parched peanuts
½ cup confectioner's sugar
1 egg white
1 teaspoon lemon juice

Whip egg white stiff, add sugar gradually; whip until well mixed. Add lemon juice and peanuts. Spread mixture on top of wafers. Place in pans in moderate oven a few moments to brown slightly. Let cool before serving. Nice for tea.

MARSHMALLOW WAFERS

Thin, round, unsweetened wafers (crackers)
Candied cherries
Marshmallows
Sweet butter

Place crackers on baking tins, place one marshmallow on top of each cracker. Make a dent in exact center of marshmallows and drop a small piece of butter in cavity. Bake in moderate oven a few moments until marshmallows soften and almost spread over crackers. Remove from oven, drop a cherry in cavity of each marshmallow. Cool slightly before serving. Nice for tea.

ALMOND WAFERS

½ cup butter
1 cup sifted confectioner's sugar
2 cups sifted flour
1 cup milk
1 cup blanched almonds (rolled)
1 teaspoon vanilla
1 teaspoon lemon juice
¼ teaspon salt
¼ teaspoon ground cinnamon
2 tablespoons confectioner's sugar

Cream butter soft, add one cup sugar gradually, cream until perfectly smooth. Add milk by tablespoonfuls, stirring well between each addition so that batter will not change consistency. Add vanilla, salt and lemon juice. Sift in flour gradually while stirring. Spread mixture about one-eighth inch thick on greased jelly cake tin, with a spatula or broad knife blade.

Mix almonds, cinnamon and two tablespoons sugar together, sprinkle over cake. Bake in good moderate oven until lightly browned, about ten to twelve minutes. Cut in small squares as soon as removing from oven.

ROLLED SWEET WAFERS

½ cup sugar
¼ cup butter
2 cups flour (about)
½ teaspoon vanilla
3 eggs
2 tablespoons cream
Pinch salt

Mash butter soft, add sugar gradually, creaming until light. Add salt. Beat in eggs well. Add flour and cream alternately. Beat batter smooth; it should be rather stiff. Heat patent wafer iron, grease well. Drop a small portion of batter from a teaspoon in center of hot wafer iron, press iron closely together, scrape off rough batter edges with knife, then brown lightly and quickly on both sides.

Roll up wafer cigar-shaped, carefully, while removing from iron. Sprinkle with confectioner's sugar. Proceed until all wafers are baked. Wafers may be rolled over handle of a wooden spoon.

PLAIN WAFERS

2 cups flour
½ cup butter
½ teaspoon salt
¼ cup milk or water (about)

Sift flour and salt together, rub in butter to mix thoroughly. Mix together with just enough milk or water to make rather stiff but easily-handled dough. Bake in hot, well-greased wafer iron same as rolled sweet wafers. Do not roll when baked. These wafers are nice for invalids.

CHAPTER XXXI

COFFEE CAKE—KUCHEN

Coffee cake (kuchen) is cake or fermented sweet bread made by the bread process. Sugar, milk, butter, eggs and other ingredients being added to the dough, make it like cake. Kuchen remains fresh longer than other cake and may be easily freshened by placing in a warm oven a few moments.

Bread is usually mixed with water; kuchen with milk. It therefore contains more proteid and fat than bread.

All yeast-raised bread or cake must be placed in a comfortably warm place to rise. If put in too hot or too cold a place, the dough will be spoiled.

The dough should be beaten or kneaded with the hand until it is elastic and jumps back when pressed with the finger.

There are a few important rules to remember in making any yeast dough.

1. The yeast must be perfectly fresh. When fresh, it is firm, moist and of a light, creamy color throughout.

2. Cold and salt check fermentation and moderate heat hastens it, therefore your sponge may be governed by temperature and salt.

If sponge is to be hastened, add double quantity yeast. If to be left over night, use one-half yeast cake instead of whole one.

3. Scald milk or water in which yeast is to be dissolved, then let cool until lukewarm before adding yeast.

4. Keep bowl greased in which dough is put to rise and keep well covered to prevent air from forming a crust on top.

5. Kuchen should be baked in a fairly hot oven. When fruit is added, the baking should be a little slower in order to cook the fruit.

METHOD FOR COFFEE CAKE OR KUCHEN DOUGH

1 pint lukewarm milk
1 cup sugar
1 cup butter
6 cups flour (about)
2 eggs
1 teaspoon salt
1 cake compressed yeast
½ grated lemon rind (if desired)

Soak yeast in one cup lukewarm milk until thoroughly dissolved. Add one teaspoon sugar and one cup sifted flour (about). Beat until well mixed and bubbles begin to rise. Batter should drop easily from spoon. Set in warm (not hot) place, or over warm water to rise, three-quarters to one hour, or until light.

Cream butter and sugar well; add eggs, beating between each addition. Add remaining flour and milk alternately. Add salt. Beat well, then add risen yeast, beat hard until it blisters. Set in warm place five to six hours, or over night, to rise until it doubles in bulk. Dough should not be stiff, but not too soft. It may be necessary to add a bit more flour, dependent on quality of flour.

If dough is left over night to rise, it is best to use one-half cake yeast instead of whole one.

When well risen, the dough may be formed into any shape or used for pies, cinnamon cake, schnecken, and so forth.

COFFEE CAKE—KUCHEN

Cover a well-greased biscuit pan with kuchen dough as thick as desired, usually about one and one-half inches. Spread out with floured hand. Put in warm place to rise double in bulk. When well risen, brush top with beaten egg and milk mixed together, and sprinkle thickly with mixture of sugar, cinnamon and rolled nuts. Drop bits of butter over top.

Bake in fairly hot oven, brown nicely. Sprinkle with confectioner's sugar when removing from pan.

POPPY SEED KUCHEN

Take a piece of kuchen dough, roll on biscuit board in thin sheet, put in well-greased biscuit pan. Do not let raise, but brush top at once with a well-beaten egg. Drop melted butter all over top, then sprinkle thickly with a mixture of cinnamon, sugar and grated lemon rind. Drop poppy seeds over filling. Bake until nicely browned, about fifteen minutes. Let cool before cutting in squares.

POPULAR COFFEE CAKE

Dissolve one cake compressed yeast in one-half cup lukewarm water, add one-half cup lukewarm milk, mix thoroughly with about one pint flour. Set soft batter aside in warm (not hot) place one and one-half hours to rise.

Cream together three-quarters cup butter and one-half cup sugar; add stiffly-beaten whites of three eggs and one-quarter teaspoon salt. Stir in the risen batter; add one pint flour, stirring all thoroughly together. Turn in large, well-greased biscuit pan, set aside about one hour to rise.

When well risen, brush top with egg and milk mixed together. Spread thickly with sugar, cinnamon, rolled nuts and butter mixed together. Bake in moderate oven.

SCHNECKEN OR CINNAMON ROLLS

Roll kuchen dough in one-half inch thick square sheet on floured board, adding a little more flour if necessary (do not make stiff). Brush top well with beaten egg mixed with a little milk. Strew thickly with mixture of sugar, cinnamon and rolled nuts, then drop seedless raisins and bits of butter all over top. Roll up like jelly roll, being careful not to disturb filling. Cut off pieces crosswise, about one and one-half inches thick, using a sharp knife and giving a quick stroke. Arrange cut side up in greased biscuit pan. Let rise light, then bake in moderate oven. Sprinkle with confectioner's sugar when removing from pan.

If preferred, after covering the square sheet with filling, it may be cut in small squares instead of rolling up. Catch the edges of squares together closely to keep filling in. Let rise, then bake in moderate oven. Sprinkle with confectioner's sugar while warm.

BOLIES OR SUGAR ROLLS

Roll kuchen dough in oblong sheet on floured board, adding a little more flour if necessary. Cover sheet with filling and roll up same as schnecken or cinnamon rolls. Cut in one and one-quarter inch thick pieces.

Grease small muffin rings or gem pans well, put one tablespoon brown sugar in bottom of each ring. Drop a good lump of butter on top of sugar, then press three or four pecan halves in sugar. Put cut rolls on top of sugar, cut side down. Let rise until light. Bake in moderate oven. When done, turn bolies upside down on cake plate. Be careful not to burn bottoms.

MAPLE ROLLS

Prepare and cook same as Bolies or Sugar Rolls, putting only one teaspoon brown sugar and one teaspoon butter in bottom of muffin rings before putting in rolls. Let rise light, then bake in moderate oven. When done, turn upside down on flat platter. Cook together until thick and syrupy three-quarters cup maple syrup, three-quarters cup brown sugar, and one-half cup water. When rolls are done, dip bottom of each one on the end of a fork into hot syrup, then let stand to dry and caramelize.

CARAMEL ROLLS

Roll kuchen dough in one-half inch thick, oblong sheet on floured board, adding a little more flour if necessary. Spread top with filling,

and roll up and cut same as schnecken or cinnamon rolls. Place cut side down, close together, in greased round jelly tins or spring form with removable bottom. Let rise until light. In the meantime, melt and brown one cup sugar in an iron skillet, stir in one-third cup water until smooth and slightly thickened. Pour over risen rolls and bake at once in moderate oven, about forty-five minutes. Cut in slices when serving.

SWEDISH TEA RING (KRANZ)

Roll kuchen dough in oblong sheet about one-half inch thick. Brush top well with beaten egg yolk mixed with a little milk. Sprinkle generously with mixture of sugar and cinnamon, then with one-half cup chopped nuts and one-half cup cut raisins; drop bits of butter over top. Roll up like jelly roll, closing ends well. Lift or roll into well-greased baking pan.

Turn ends towards center in crescent shape. Let rise until light. Bake in moderate oven. When almost done, pull pan to front of oven, brush top with confectioner's sugar mixed to paste with milk, or with egg yolk mixed with a little milk, and sprinkle nuts over top. Put back in oven to finish baking.

BUNDT KUCHEN

½ cup butter
1 cup sugar
½ cup milk
3 cups flour
¼ cup blanched almonds (split in half)
3 eggs
½ cake yeast
¼ teaspoon salt
¼ grated lemon rind
½ teaspoon vanilla

Dissolve yeast in one-half cup lukewarm milk, add one teaspoon sugar and sufficient flour to make batter soft enough to drop easily from spoon. Beat well, set aside in warm place to rise and bubble, about three-quarters to one hour.

Mash butter soft, add sugar gradually, cream until grains do not show. Add well-beaten eggs, salt and flavoring. Add milk and flour alternately, mix well. Add risen yeast. Beat until it blisters. Add almonds. Fill well-greased cake pan about two-thirds full with batter. Let rise almost to top of pan. Bake in moderate oven forty-five to fifty minutes.

FRESH-PRUNE KUCHEN

Line a well-greased biscuit pan one-quarter inch deep with kuchen dough, letting it reach up the sides. Let rise slightly. Cut fresh prunes in half, remove pits. Cover dough closely with prunes, pit

side up. Sprinkle thickly with sugar and lightly with cinnamon. Drop bits of butter over top. Bake in good, moderate oven. If there is too much juice when pie is baked, finely-rolled, stale lady fingers or crackers may be sprinkled over.

PIES WITH KUCHEN DOUGH

Pie crust may be made of kuchen dough by adding just sufficient flour to roll out on floured board. Line greased pie plates with the dough, let rise slightly, then fill with any preferred filling.

FRUIT FILLING FOR KUCHEN PIES

1 teaspoon cinnamon
Any preferred fruit (berries, apples, peaches)
Sugar
Butter

Spread fruit thickly over risen crust, sprinkle liberally with sugar (dependent on acidity of fruit), add cinnamon. Drop bits of butter over top. Bake in moderate oven.

Egg yolks beaten with a little milk may be poured over fruit if desired, or pie may be covered with meringue.

CHEESE PIE WITH KUCHEN DOUGH

3 cups cottage cheese
⅔ cup sugar
1 cup cream
1 teaspoon vanilla
½ grated lemon peel
3 eggs
3 tablespoons flour
3 tablespoons melted butter
Good pinch salt

Line a well-greased, deep pie plate with kuchen dough, let rise slightly, then fill with cheese mixture and bake in moderate oven.

Drain cheese, press through ricer, mash perfectly smooth and creamy, stir in flour, add salt and cream.

Beat eggs and sugar very light, add butter; add to cheese mixture. Flavor with vanilla and lemon peel. Mix well.

DEEP CHEESE PIE WITH KUCHEN DOUGH

1½ lbs. cottage cheese
5 eggs
1 teaspoon vanilla
½ teaspoon grated lemon rind
1 cup heavy cream (whipped)
1 cup sugar
⅓ cup butter
½ cup sifted flour
Pinch salt

Mash butter soft, add sugar, cream until light. Add well-beaten egg yolks, add cheese which has been pressed through ricer. Mix

well; add salt, vanilla and lemon rind. Sift in flour, stir well. Add whipped cream. Fold in stiffly-beaten egg whites.

Line a greased spring form with kuchen dough. Let rise slightly, then fill with cheese mixture. Bake slowly about one hour, then open oven door and let stand about thirty minutes.

YEAST PUFFS (PURIM)

Let kuchen dough rise double in bulk, then pat and roll on slightly floured board in sheet three-quarter inch thick. Cut in three-inch squares or triangles. Leave on board one hour, or until well risen. Fry in deep, hot fat, basting until nicely browned. Fry only a few puffs at a time. Drain and sprinkle while hot with confectioner's sugar.

BAKING-POWDER COFFEE CAKE

½ cup butter
¾ cup sugar
1 cup milk
2½ cups flour
½ teaspoon salt
2 eggs
2 teaspoons baking powder

Cream butter soft, add sugar gradually until light. Add eggs, stirring between each one. Add salt. Sift in flour mixed with baking powder, alternately with milk. Mix well, put in greased biscuit pan, spread with following

Mixture

Soften one-third cup butter in saucepan (do not brown), add one-half cup sugar, stir well, add one teaspoon cinnamon. When well mixed, add one-third cup seedless raisins and two teaspoons flour. Stir well, spread over cake, then strew with one-half cup rolled nuts. Bake in moderate oven.

BREAKFAST COFFEE CAKE

⅓ cup butter
⅔ cup sugar
2 cups flour
½ cup milk
2 eggs
2 teaspoons baking powder
Pinch salt

Cream butter soft, add sugar gradually, cream until grains do not show. Add well-beaten eggs and salt. Mix flour and baking powder, sift in batter alternately with milk. Turn in a medium size, greased biscuit pan. Mix together one-third cup rolled nut meats, one-third cup sifted confectioner's sugar, one teaspoon cinnamon. Sprinkle over cake. Bake in a fairly hot oven about twenty-five to thirty minutes.

MOCHA COFFEE CAKE

½ cup soft butter
¾ cup cold, strong coffee
1¼ cups sugar
2 cups flour
⅓ cup cocoa
2½ teaspoons baking powder
¼ teaspoon cinnamon
½ teaspoon salt
1 teaspoon vanilla
2 eggs

Sift dry ingredients together in bowl. Stir in coffee until well mixed. Add butter, drop in egg yolks, beat well. Add vanilla. Fold in stiffly-beaten egg whites. Bake in medium size biscuit pan in hot oven, twenty to twenty-five minutes. Remove from oven, let cool in pan. When cold, cover top with following

Icing

2½ cups sifted confectioner's sugar
¼ cup cocoa
⅓ cup butter
¼ cup chopped pecans
Hot coffee
Pinch salt

Cream butter soft; add sugar, cocoa and salt. Add sufficient coffee to make right consistency to spread. Mix well. Spread on cake, sprinkle top with nuts. When cold, cut in small squares.

WONDERFUL COFFEE CAKE

½ cup butter
1½ cups sugar
¾ cup milk
2¾ cups flour
2 eggs
¾ cup cut-up pecan meats
¼ teaspoon salt
3 teaspoons baking powder

Mash butter soft, add sugar gradually until creamy. Add well-beaten eggs, salt and nuts. Sift flour and baking powder together, add to batter alternately with milk. Mix well, turn into well-greased biscuit pan.

Sprinkle top thickly with sugar and cinnamon and strew generously with chopped pecan meats. Bake in moderate oven thirty-five to forty minutes. When cold, cut in squares.

SPONGE COFFEE CAKE

¾ cup sugar
¾ cup flour
¼ cup confectioner's sugar
¼ cup rolled nuts
4 eggs
½ teaspoon baking powder
1 teaspoon vanilla
Few grains salt

Beat egg yolks lemon colored, add sugar gradually, continue beating until very light. Add salt and vanilla. Mix well. Sift flour and baking powder together, add alternately with stiffly-beaten egg whites to batter. Turn in small, greased biscuit pan. Sprinkle top with

confectioner's sugar and nuts mixed together. Bake in fairly hot oven, about twenty to thirty minutes.

COFFEE CAKE
(With Matzos Meal)

8 eggs
1 teaspoon vanilla
½ teaspoon baking powder
⅓ cup confectioner's sugar
1½ cups sugar
1 cup finely-sifted matzos meal
⅓ cup rolled almonds
Pinch salt

Beat egg yolks with sugar until light. Add salt and vanilla, stir in alternately matzos meal, sifted with baking powder and stiffly-beaten egg whites. Turn in biscuit pan, sprinkle top with confectioner's sugar and almonds mixed together. Bake in moderate oven.

DUTCH APPLE CAKE

2 cups flour
¼ cup butter
½ cup condensed milk
½ cup cold water
½ cup sugar
1½ teaspoons baking powder
½ teaspoon salt
1 egg
5 apples (about)

Mix flour, baking powder and salt together, sift in bowl. Rub butter in flour mixture with fingers. Mix condensed milk and water together, stir into beaten egg, then stir whole in dry mixture, mixing well, with spoon.

Spread in a greased, shallow biscuit pan with floured hands, let dough extend a little way up side of pan.

Pare and cut apples in quarters, then in half again. Lay them, sharp edge down, in rows on top of dough. Fill in spaces with small pieces of apple.

Sprinkle one-half cup sugar over apples, dust with cinnamon, drop bits of butter all over top.

Bake in fairly hot oven, thirty to forty-five minutes. Whipped cream may be served over cake if desired.

CHAPTER XXXII

BREADS, BREAD-MAKING AND ROLLS

As bread occupies such a prominent place in the diet, it should surely be well made, well baked and properly cared for.

To assure success in bread-making, it is important to maintain perfect cleanliness with regard to the materials used, as well as the utensils and the hands.

The flour should be fresh and free from odor. Hard wheat flours, made from spring wheat or hard winter wheat, are generally used as *bread flours,* and produce a more spongy and a little larger loaf. Soft wheat flours are made from soft winter wheat and are known as *pastry* and *biscuit* flours.

The human digestive tract is so constituted that it demands bulk in the food we eat. Coarse breads give this bulk. For this reason, food specialists advise the use of whole wheat, graham and rye breads instead of white bread, unless the white bread is made with milk.

Oat bread has been used among the middle classes in the British Isles for centuries. Many people believe that this diet containing such liberal amount of oats is responsible for the hardy Scotch race.

Compressed yeast, if used, should be perfectly fresh and free from any odor except the regular yeasty one. It should be only fairly soft and should break easily. The yeast should never be mixed with any liquid which is more than lukewarm.

The liquid used in bread-making may be whole or skim milk or water. Milk is best if first scalded and then allowed to cool until lukewarm. The use of whole milk increases the food value and keeps the bread moist longer than when water is used.

The sponge or dough should always be kept in a warm (not hot) place, and should be kept covered with a plate or top and a towel or blanket, to prevent surface evaporation and a formation of crust on top.

If the top of the dough is greased, the covering is not so important.

An ideal loaf of bread is attractive in appearance, is well raised, golden brown in color, has a smooth, thin, hard crust and is tender and spongy to the touch. The interior should be elastic and porous without having large holes.

There are two regular methods for making bread, the "straight dough" process and the "sponge" process.

In the "straight dough" process, all the ingredients are mixed at

one time, and the dough is made the right consistency before putting it to rise.

With the "sponge" process, only part of the flour is used at first with most or all of the liquid, the yeast, and sometimes salt and part of the sugar. This mixture should look like a soft batter that will drop readily from a spoon when put to rise the first time. After this rising, the balance of the flour, the shortening and balance of ingredients are mixed in. It is then kneaded to the proper consistency and smoothness.

To shape the dough into loaves, divide it into parts, each part being large enough for one loaf. If it is to be baked in small narrow bread pans, after kneading well, roll between both hands to lengthen, being careful that the loaf is smooth and of uniform thickness all the way through. If two loaves are to be baked in one larger pan, place the loaves in pan, then brush between them with melted butter.

Bread should be removed from pans immediately after baking, for if allowed to remain in them, the loaf will become wet and soggy from the sweating of the pan before the loaf is cool.

If a crisp loaf is desired, stand the loaf on its side on a wire rack and leave uncovered. If a soft crust is preferred, cover loaf with a towel until cold.

Lightness of rolls, as with bread, depends a great deal on the fermentation of the yeast; it is therefore necessary that the yeast be perfectly fresh so that the dough will rise properly.

Rolls may be glazed with melted butter or sugar water when about three-fourths done. They should be baked in a rather hot oven.

BREAD CRUMBS: Save all stale bread, ends and so forth. Put in warmer of oven and leave until thoroughly dried out. When dry, roll fine with rolling pin, then put in air-tight tins or glass jar in a dry place. Use for frying or for au gratin dishes.

When buttered bread crumbs are called for, roll crumbs in melted butter before using.

WATER BREAD

1 cake yeast
1 qt. lukewarm water
2 teaspoons sugar
1 tablespoon salt
1 tablespoon shortening
Flour

Dissolve yeast in one cup lukewarm water. Put balance of water in a bowl, stir in dissolved yeast, add sugar, salt and shortening. Work in sufficient flour to make moderately stiff dough. Knead until smooth. Return to bowl, grease top and cover well. Let rise over night in warm place. Next morning, toss on floured board, knead well and shape in loaves.

Place in greased pans about half full. Cover, let rise again to double its bulk, then bake in moderately hot oven three-quarters to one hour. When bread is almost baked, pull to front of oven, brush with a little melted butter, then continue the baking.

QUICK WHITE BREAD

1 cake yeast
2 tablespoons sugar
2 tablespoons melted butter
1 tablespoon salt
6½ cups flour (about)
1 pint lukewarm water

Add sugar to water, stir in broken yeast; when dissolved thoroughly, set aside only ten minutes. Add melted butter and salt, then gradually stir in three cups flour, beat until smooth. Add balance flour, reserving some to put on board. Work first in bowl, then knead on floured board until smooth and elastic and all flour is worked in.

Place in greased bowl, cover and set aside in warm place about two hours, or until well risen. Mold in two loaves, place in well-greased bread pans, filling half full. Make a slight incision down center of each loaf. Cover, let rise one hour or until double in bulk.

Bake in moderately hot oven forty-five to sixty minutes.

FRENCH BREAD

1 cake yeast
1 teaspoon salt
2 tablespoons melted butter
1 egg
1 cup water
1 cup milk
2 tablespoons sugar
7 cups flour (about)

Dissolve yeast in one-quarter cup lukewarm water. Mix milk and water together, scald, then cool until lukewarm. Add salt and dissolved yeast. Add melted butter, sugar and well-beaten eggs, beat well. Add just enough flour gradually to make dough easily handled. Knead five minutes after dough will not stick to hands or bowl. Place in greased bowl, grease top, cover with towel, keep in warm place until double in bulk (about three and one-half hours). Mold into long loaves, place in bread pans, let rise double its bulk. Bake in fairly hot oven. When done, stand on side on wire rack, leave uncovered to cool.

RYE BREAD

5½ cups rye flour
2 cups white flour
1 cup milk
2 cups hot water
1 tablespoon shortening
1 tablespoon salt
1 cake yeast
1 tablespoon sugar

Put hot water, milk, salt and sugar together in bowl. Let stand until lukewarm, then crumble yeast into liquid. Let stand a few

minutes to dissolve. Stir in about three cups rye flour, or enough to make a sponge to drop from spoon. Beat well. Cover bowl, set aside in warm place, free from draft, to rise, about two hours.

When light, add balance rye flour, shortening and white flour. Turn on floured board and knead well. Place in greased bowl, cover, put in warm place to rise until double in bulk, one and one-half to two hours. Turn on board, shape in two long loaves, put in floured shallow pans, cover and let rise until light, about one hour. When well risen, glaze with white of egg mixed with a little water. Make a slight incision diagonally across the top of each loaf, three strokes. Bake a little slower than white bread.

WHOLE-WHEAT BREAD

7½ cups whole wheat flour (about)
1½ cups milk
1½ cups hot water
1 cake yeast
1½ teaspoons salt
2 tablespoons brown sugar
2 tablespoons shortening

Mix hot water, milk, sugar, salt and shortening together in bowl; let stand until shortening is dissolved and liquid lukewarm, then crumble yeast and stir into liquid until dissolved.

Add flour, stir in gradually as whole wheat flour absorbs moisture slowly. Reserve last half cup to spread on board. Knead thoroughly. Place in well-greased bowl, set in warm place to rise double in bulk, about two hours.

Toss on slightly-floured board, mold in two loaves, place in well-greased bread pans, cover and let rise again until light, about one hour. Bake about one hour in slower oven than white bread.

If wanted for over night rising, use only one-half yeast cake, let rise in bowl over night and mold into loaves next morning.

Dough is softer than ordinary white flour dough.

Whole wheat flour should always be sifted to make it lighter, but be sure to put back the bran that remains in the sifter.

ENTIRE-WHEAT BREAD

½ cake yeast
1 tablespoon butter
2 tablespoons sugar
1 teaspoon salt
¾ cup milk
½ cup lukewarm water
6½ cups whole wheat flour

Dissolve yeast in one-half cup lukewarm water. Cream butter and sugar together, add salt. Stir in milk, then water. Add dissolved yeast and be sure that the mixture is kept lukewarm (not hot). Add whole wheat flour, mix well. Turn in a warm wooden bowl, as dough is sticky. Sprinkle a little whole wheat flour in bottom of

bowl and on top of dough. Cover with cloth, set in warm place about four hours, to rise until double its bulk.

Divide dough into two equal parts, put in buttered bread pans (about one-half full), set in warm place to rise almost to top of pans, about twenty minutes.

Start the baking in a hot oven for about five minutes, then reduce heat to moderate. Bake forty-five to sixty minutes, turning pans occasionally. This will give a nice crust all over.

When done, butter tops of loaves and do not cut until next day.

ENTIRE-WHEAT RAISIN BREAD

Make and bake same as entire wheat bread. Just before removing from bowl to baking pans, mix in one and one-half cups seeded raisins.

RAISIN BREAD

1 cake yeast
1 teaspoon salt
6½ cups flour
2 cups seeded raisins
1 pint lukewarm water
1 tablespoon sugar
2 tablespoons soft butter

Dissolve yeast in one cup lukewarm water. Dissolve salt and sugar in one cup lukewarm water. Mix both waters after ingredients are dissolved, stir in sifted flour, mix well. Add butter. Knead well on slightly-floured board about ten minutes, put in bowl, cover with clean towel, set in warm place to rise, about two to two and one-half hours.

When well risen, toss on board with extra cup flour. Knead in as much flour as necessary to make easily-handled dough. Add raisins. Make in two loaves, place in warm, greased pan, set aside in warm place to rise light. Bake in hot oven three-quarters to one hour.

When almost done, moisten top of loaves with a little sweetened water or melted butter to glaze. If baked in one pan, do not break the loaves apart until cold.

BAKING POWDER RAISIN BREAD

3 cups flour
½ cup sugar
1 cup milk
1 cup seeded raisins (cut in half)
1 egg
1 teaspoon salt
3 teaspoons baking powder

Beat egg light, add sugar gradually, beating very light. Sift flour, salt and baking powder together; add to egg mixture alternately with milk. Stir in raisins. Mix well. Bake in well-greased bread pan in moderate oven, about forty-five minutes. One-half cup evaporated

milk and one-half cup water may be used instead of sweet milk if preferred.

WHOLE-WHEAT NUT BREAD

2 cups whole wheat flour
2 cups white flour
1 cup chopped pecan meats
1 cup medium brown sugar
1 cup milk
1 egg
4 tablespoons baking powder
1 saltspoon salt

Sift white flour, salt and baking powder together, stir in whole-wheat flour and sugar; mix together well while adding milk, then stir in well-beaten egg. When well mixed, add nuts. Knead well. Bake in a moderate oven in well-greased bread pan, about one to one and one-quarter hours. When almost done, rub top with melted butter and leave in oven a few minutes longer. Remove from pan, cover with towel, let stand on end until cool.

BAKING-POWDER NUT BREAD

2 cups milk
¾ cup sugar
1 cup nut meats
4 cups flour
1 egg
1 teaspoon salt
4 teaspoons baking powder
1 cup seedless raisins

Sift flour, salt and baking powder together; stir in raisins and nuts. Beat egg light, add sugar gradually, continue beating until very light. Add milk and flour mixture alternately. Mix well. Turn in deep, oblong bread pan, set aside twenty minutes before putting in oven. Bake in moderate oven about thirty-five minutes.

GRAHAM NUT BREAD

2 cups graham flour
1 cup white flour
¼ cup sugar
¾ cup milk
1 egg
4 teaspoons baking powder
1 teaspoon salt
1 cup chopped pecan meats (not too fine)
1 tablespoon melted shortening

Sift both flours, sugar, salt and baking powder together. Add well-beaten egg, add milk gradually. Add shortening, add nuts last. Mix well. Place in greased bread pan, let stand twenty minutes, then bake in moderate oven about forty-five minutes.

NUT-AND-RAISIN BREAD
(One Loaf)

3 cups flour
1 cup broken pecan meats
¾ cup seeded raisins (cut in half)
½ cup sugar
1 teaspoon salt
3 teaspoons baking powder
1 egg
1 cup milk

Beat egg light, add sugar, beat again. Sift flour, salt and baking powder together. Add to batter alternately with milk. When well mixed, stir in nuts and raisins. Beat well, put in well-greased bread pan in warm place, fifteen to twenty minutes. Place in gas stove, turn light on full force five minutes, then bake in moderate oven forty to forty-five minutes; lower flame and let cook ten minutes.

If baked in coal range, use moderate oven.

BOSTON BROWN BREAD

1½ cups corn meal
1½ cups graham flour
½ cup seedless raisins
½ cup shelled pecans
1½ cups buttermilk or sour milk
1 teaspoon salt
1 teaspoon soda
1 tablespoon shortening (melted)
¾ cup syrup

Sift flour, cornmeal and salt together; add bran that remains in sifter from graham flour. Add soda to milk, then mix with flour. Add syrup and shortening. Stir in raisins and nuts. Beat a few moments, turn in well-greased pound baking-powder cans, two-thirds full. Bake in moderate oven, forty-five to sixty minutes. Do not put tops on cans.

When done, turn cans upside down and let bread sweat out. Stand loaves on end, cover with clean cloth, let cool gradually.

STEAMED BOSTON BROWN BREAD

2½ cups graham flour
1 cup sour milk
1 cup raisins
1 cup syrup
1 teaspoon soda
Pinch salt

Sift flour. Dissolve soda in milk. Dredge raisins with a little flour. Mix together, add syrup and salt. Add raisins. Beat well. Divide mixture in three well-greased pound baking-powder cans, fill only three-quarters full. Cover with waxed paper and tops of cans. Place in pot of boiling water, boil steadily one and one-half hours. Remove tops and place cans in oven a few moments to dry before turning out bread.

WHITE-POTATO BREAD

4 cups cooked, riced white potatoes
1 cake yeast
1 cup hot water or milk
4 cups flour
2 tablespoons shortening
1 tablespoon sugar
1 tablespoon salt

Scrub about eight medium size potatoes, boil in jackets, drain, remove skins and press through fine sieve or ricer. Measure required

quantity, mash smooth. Add sugar, salt and shortening to hot water or milk, let stand until lukewarm. Add yeast, stir until dissolved. Add flour and potatoes, work until smooth. Dough must be stiffer than ordinary bread dough as potato dough softens when rising. Knead well, put in warm place in greased, covered bowl. Let rise double its bulk. When well risen, knead on floured board (it may be necessary to add more flour if dough is too soft). Place in bread pan to rise in warm place until double in bulk. Bake in slow oven, fifty to sixty minutes.

Dough may be made at night and left to rise until next morning if preferred.

SWEET-POTATO BREAD

2 cups mashed, cooked sweet potatoes
6 cups flour (about)
1½ cups milk or water
1 cake yeast
2 tablespoons sugar, or 2 tablespoons syrup
1 tablespoon salt
2 tablespoons shortening

Scrub potatoes. Boil in jackets, peel and mash smooth while hot, measure required quantity. Dissolve yeast in lukewarm milk or water.

When potatoes are lukewarm, add sugar or syrup, salt and shortening; mix well, add one cup flour and dissolved yeast. Beat until perfectly smooth. Cover in bowl, set in warm place to rise until light, about one hour.

When well risen, add balance flour gradually. Knead thoroughly on board, put in greased bowl in warm place to rise again double its bulk. Dough must be rather stiff as potato dough usually softens as it rises.

Mold in two loaves, place in pans, let rise again. Bake in moderate oven about one hour.

SOUTHERN HOECAKE

1½ cups cornmeal
1¾ cups boiling water
½ teaspoon salt
1 tablespoon shortening

Sift meal and salt together, add boiling water, stirring until well mixed. Heat iron griddle on top of stove, put in shortening. When very hot, turn in mixture, flatten with back of spoon to smooth cake. Cook brown on one side, then turn and brown other side.

PLAIN CORN BREAD

2 cups cornmeal
1 teaspoon soda
1 teaspoon salt
2 cups sour milk
1 egg
2 tablespoons melted shortening

Mix dry ingredients together, add milk with soda stirred in, well-beaten egg and shortening. Beat well. Bake in well-greased biscuit pan in moderate oven about thirty minutes.

EGGLESS CORN BREAD

3 cups cornmeal
2 cups sour milk, or buttermilk
1 cup hot water
1 tablespoon melted butter
1 teaspoon salt
1 teaspoon soda
1½ tablespoons molasses

Mix milk, syrup and salt together in bowl, sift in meal, add hot water in which soda has been dissolved. Beat well, add butter. Bake in hot, well-greased biscuit pan in hot oven about twenty minutes.

BUTTERMILK CORN BREAD

1 pint fine cornmeal
1 pint buttermilk
2 eggs
1 teaspoon soda
2 tablespoons butter
1 tablespoon sugar
1 tablespoon salt
1 tablespoon cold water

Mix meal, salt, sugar, butter and buttermilk together in bowl, put in double boiler over hot water, cook fifteen minutes, stirring often. Turn mixture in a bowl to cool. (Set bowl in cold water if in a hurry.)

When cold, add well-beaten eggs. Dissolve soda in water, add to mixture, beat well. Turn in hot, well-greased biscuit pan. Bake about twenty minutes.

BREAKFAST CORN BREAD

1 cup sugar
½ cup butter
2 cups flour
3 eggs
1½ cups milk
1 cup fine cornmeal
2 teaspoons baking powder
Pinch salt

Cream together sugar and butter, add eggs. Beat well. Add alternately milk, flour and meal. Add salt and baking powder. Bake in biscuit pan in moderate oven. Serve hot.

FAVORITE CORN BREAD

1 cup fine cornmeal
½ cup flour
1 cup sour milk
2 eggs
2 tablespoons hot water
½ teaspoon soda
Pinch salt

Dissolve soda in hot water, add sour milk, stirring until mixture foams. Beat egg yolks light, add alternately milk mixture, and flour,

meal and salt sifted together. Beat well. Fold in stiffly-beaten egg whites. Bake in well-greased biscuit pan in hot oven, about thirty minutes.

SOUTHERN SPOON BREAD

1 cup cornmeal
1 cup flour, cooked grits, or other cereal
1 cup boiling water
1 cup milk
¼ cup melted butter
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon sugar
2 eggs

Sift cornmeal, pour boiling water over to scald, add salt, sugar, butter and milk, stir well. Let cool slightly, then add well-beaten eggs, beating until smooth. Sift in slowly flour and baking powder mixed together. Beat well.

Heat two tablespoons bacon grease or butter in bottom of an earthen baking dish, turn in batter while dish is hot. Bake in moderate oven forty to forty-five minutes. Serve hot.

If cereal is used instead of flour, add to cornmeal after scalding it.

SOUTHERN CRACKLING BREAD

1 cup broken fried cracklings
2½ cups sifted cornmeal
1¾ cups boiling water
2 teaspoons baking powder
1 teaspoon salt
1 egg

Scald cornmeal with boiling water, stirring until well mixed. Add salt, cracklings and egg, mixing well. Sift in baking powder. Mix well, form in oblong rolls, pointed at each end. Place in well-greased, hot pan, bake in fairly hot oven twenty-five to thirty minutes.

EGGLESS ROLLS

1 tablespoon salt
2 tablespoons sugar
1½ tablespoons butter
1½ tablespoons other shortening
1 cake yeast
6 cups sifted flour (about)
1½ cups boiling water
¼ cup lukewarm water

Put salt, sugar, shortening and butter in bowl, pour boiling water over. Let stand until lukewarm. Dissolve yeast in lukewarm water. Mix both liquids together, sift in flour. Mix well, then knead on slightly-floured board. Turn in large greased bowl. Grease top of dough and cover with towel. Set in warm place three to four hours until double in bulk. Knead on floured board, roll out in sheet one inch thick, cut with biscuit cutter, brush tops with melted butter and fold over once.

Put in greased biscuit pans, set aside to rise again until light. Bake in moderately hot oven twenty-five to thirty minutes. When beginning to brown, brush tops with a little sugar water.

THREE AND ONE-HALF HOUR ROLLS

1 cup milk
1 cup cold water
6½ cups flour (about)
1 egg
1 cake yeast
3 tablespoons melted shortening
2 tablespoons sugar
1 teaspoon salt

Mix milk and water together, scald, then set aside until lukewarm. Dissolve yeast in lukewarm liquid, add sugar and shortening. Add about three cups flour. Beat well. Place in bowl in warm place to rise three-quarters hour. When well risen, beat well again. Add two and one-half cups more flour, beaten egg and salt. Mix well, place in bowl, cover and set aside again to rise one and one-half hours.

When well risen, add balance flour to make dough stiff enough to roll out. Roll in one and one-half inch thick sheet. Shape in small biscuits with floured biscuit cutter. Dip the handle of a small knife in flour and make a crease through middle of each roll with it. Brush tops with melted butter, fold in half and press edges together. Place in greased pans about three-quarters inch apart. Let rise well. Bake in hot oven about fifteen minutes.

PARKER HOUSE ROLLS

1 qt. flour
1 cup milk
½ cup lukewarm milk
½ cake yeast
1 tablespoon sugar
3 tablespoons melted shortening
1 egg
1 teaspoon salt

Scald one cup milk, let cool. Dissolve yeast in one-half cup lukewarm milk. Sift flour, sugar and salt together, add dissolved yeast, mixing well. Add well-beaten egg, cool milk, and shortening. Fold dough over and over, knead on floured board until soft and pliant. Place in greased bowl, grease top, cover with cloth and put aside in warm place to rise about four hours or over night. When well risen, turn out on floured biscuit board, work in a little more flour if it is too soft or sticky. Roll out in sheet about one-half inch thick, cut with biscuit cutter. Brush tops with melted butter, then fold over in half. Lay in pans a little apart. Brush between and on top of each roll with melted butter. Put aside to rise well, then bake in moderate oven.

FINGER ROLLS

Make same as Parker House Rolls, or Three and One-Half Hour Rolls.

When ready for molding, pinch off pieces about size of small egg. Roll each piece between palms of hands to round ball, then

roll on board with hand until about six inches long and tapering towards each end, or bake in finger pans that come for the purpose.

Place in greased pans one inch apart. Let rise more than double in bulk. Brush tops with milk and egg mixture. Bake in fairly hot oven about twenty minutes.

CURRANT BUNS

½ cake yeast
1 egg
1 teaspoon salt
¼ teaspoon cinnamon
¾ cup currants
1 cup milk (lukewarm)
½ cup sugar
⅓ cup butter
3¾ cups sifted flour (about)

Dissolve yeast in milk, add one teaspoon sugar, stir in about one and three-quarters cups flour to make sponge that will drop easily from spoon. Cover with towel, set in warm place until well risen and full of bubbles, about one and one-half hours.

Cream butter and sugar together, add egg, beat well, add salt, cinnamon and currants. When sponge is well risen, add to butter mixture. Add balance of flour gradually while stirring until dough is firm and begins to blister. Put in bowl, brush with a little butter. Cover with cloth, keep in a warm place until risen double in bulk, about two and one-half hours.

Turn out on floured board, form into buns (like round biscuits) with hands, place in greased biscuit pans, let rise again in warm place, about one-half hour.

Bake in moderate oven. When almost done and brown, brush tops with a little melted butter. On removing from oven, sprinkle with confectioner's sugar.

WHITE-POTATO ROLLS

4 cups cooked, riced potatoes
1 cup hot milk
4 cups flour
1 cake yeast
2 tablespoons shortening
1 tablespoon sugar
1 tablespoon salt

Scrub seven or eight medium size potatoes, boil in jackets, drain, remove skins, then press through ricer or fine sieve. Measure required quantity and mash smooth. Add sugar, salt and shortening to hot milk, let stand until lukewarm, add yeast, stir until dissolved.

Add flour and potatoes, knead until smooth. Dough should be stiffer than ordinary bread dough as potato dough softens when rising.

Put in warm place in greased, covered bowl. Let rise double its bulk. When risen, knead well on floured biscuit board (it may be

necessary to add a little more flour if dough is too soft). Roll in sheet one inch thick, cut with biscuit cutter, spread tops with melted butter, then fold over in half. Put in pans. Let rise until light. Bake in moderate oven twenty to twenty-five minutes. When rolls are almost done, brush tops with melted butter or sugar-water, and finish baking.

SWEET-POTATO ROLLS

2 cups mashed, cooked sweet potatoes
6 cups flour (about)
1½ cups milk (lukewarm)
1 cake yeast
2 tablespoons sugar
1 tablespoon salt
2 tablespoon shortening

Scrub potatoes, boil in jackets, peel and press through ricer. Mash smooth while hot. Measure required quantity. Dissolve yeast in milk.

When potatoes are lukewarm, add sugar and shortening, mix well, stir in one cup flour, and dissolved yeast. Beat until perfectly smooth, cover in bowl, set in warm place to rise, about one hour.

When well risen, add balance flour gradually. Knead thoroughly on board. Put in a greased bowl in warm place to rise until double its bulk. Dough must be rather stiff as potatoes make it moist when rising.

Roll in sheet one inch thick, cut with biscuit cutter, spread with melted butter, fold over. Place in pans to rise until light. Bake in rather quick oven fifteen to twenty minutes.

CHAPTER XXXIII

MUFFINS, BISCUITS, ETC.

Hot muffins and biscuits are usually served at breakfast or supper especially in the South. Hot rolls and biscuits are often served with salad at afternoon teas instead of the usual cheese or cracker accompaniment. When so served, they should be made smaller and daintier than when served at table and should be partly split and buttered with soft butter while hot, before serving.

Muffins should be baked in well-greased, hot muffin or gem rings, in a hot oven, about twenty minutes being usually required for baking. The rings should be filled only two-thirds full with batter to allow for rising when baking.

The secret of making good biscuits lies in working quickly and handling the dough as little as possible. Shortening should be cut in with a knife or rubbed with the flour between the fingers until crumbly. Biscuits should be baked in a quick oven, the smaller the biscuits are cut, the less time they require for baking, ten to twenty minutes being the usual time allowed.

If biscuit dough is left over from one baking, it may be used the next day if a little extra baking powder is added. Left-over biscuits may be freshened by sprinkling a little water over them and warming in the oven before serving.

BUTTERLESS MUFFINS

2 cups flour
¼ cup sugar
1 cup milk
2 eggs
2 teaspoons baking powder
¼ teaspoon salt

Beat eggs and sugar together light, stir in milk. Add flour and baking powder sifted together, mix well, add salt. Turn in hot, well-greased muffin rings. Bake in hot oven about twenty minutes. Serve at once. Makes twelve small muffins.

EGGLESS MUFFINS

2 cups flour
1 cup milk
4 teaspoons baking powder
2 tablespoons sugar
2 tablespoons shortening
½ teaspoon salt

Sift dry ingredients together. Stir in milk. Add melted shortening. Beat until perfectly smooth. Bake in greased muffin rings in

hot oven twenty to twenty-five minutes. Makes twelve to fourteen small muffins. If left standing they will fall slightly.

PLAIN FLOUR MUFFINS

1 cup milk
2 tablespoons melted shortening
2 teaspoons baking powder
1 pint flour
2 eggs
Pinch salt

Sift flour and salt in bowl, add milk gradually while stirring. Add shortening and well-beaten egg yolks. Sift in baking powder with teaspoon flour. Beat well. Fold in stiffly-beaten egg whites. Bake in hot, well-greased muffin rings in hot oven.

SWEET FLOUR MUFFINS

½ cup butter
½ cup sugar
3 cups flour
2½ teaspoons baking powder
2 eggs
1 cup milk
¼ teaspoon salt

Cream butter and sugar together light, add well-beaten eggs. Add alternately milk, flour, baking powder and salt sifted together. Beat well. Bake in hot, well-greased muffin rings in moderately hot oven about twenty minutes.

SOUR-MILK MUFFINS

2 cups sour milk
½ cup melted shortening
¼ teaspoon salt
3 eggs
4 cups flour
1 teaspoon soda

Beat eggs very light, add milk gradually while stirring. Stir in flour and salt sifted together, mix well. Add shortening. Sift in soda last. Beat three minutes. Turn in hot, well-greased muffin rings. Bake in moderately hot oven, twenty-five to thirty minutes.

BREAKFAST MUFFINS

1 cup sour milk
½ cup flour
1 cup cornmeal
2 tablespoons hot water
2 eggs
½ teaspoon salt
½ teaspoon soda
¼ cup sugar (if desired)

Beat egg yolks light. Dissolve soda in hot water, add milk, stir until foamy, add to yolks. Sift flour, meal and salt together in batter. Beat well. Fold in stiffly-beaten egg whites. Bake in hot, well-greased muffin rings in hot oven twenty to twenty-five minutes.

CREAM MUFFINS

2 cups flour
1 cup heavy cream (whipped)
½ cup milk
2 eggs
1 teaspoon sugar
½ teaspoon salt
1 teaspoon baking powder

Beat egg yolks light, stir in sugar and salt, add milk. Mix flour and baking powder together, sift in batter. Fold in whipped cream, and stiffly-beaten egg whites. Mix well. Bake in hot, well-greased muffin rings in fairly hot oven about twenty to twenty-five minutes. Serve at once or muffins will fall.

SOUR-CREAM MUFFINS

1 cup sour cream
¼ cup sugar
1½ cups flour
2 eggs
1 tablespoon warm water
2 tablespoons butter
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt

Cream butter and sugar together light. Add well-beaten eggs, salt and cream. Dissolve soda in warm water, add to batter. Sift in flour and baking powder together, mix well. Bake in well-greased muffin tins in hot oven, about twenty minutes.

CORNMEAL MUFFINS

1 cup fine cornmeal
1 cup sour milk or buttermilk
1 tablespoon melted shortening
1 egg
1 teaspoon baking powder
¼ teaspoon soda
½ teaspoon salt

Beat egg light, add milk gradually while stirring. Sift dry ingredients together in egg mixture while stirring briskly. Add shortening, beat well. Bake in well-greased, hot muffin rings in hot oven. Makes six muffins, for larger quantity, double the ingredients.

YELLOW CORNMEAL MUFFINS

2 cups yellow cornmeal
½ cup flour
2 cups milk
1 egg
2 tablespoons melted shortening
2 teaspoons salt
2 teaspoons baking powder
2 teaspoons sugar

Beat egg light, stir in milk, add cornmeal. Sift in flour, salt, sugar and baking powder together. Add shortening. Mix well. Bake in moderately hot oven in hot, well-greased muffin rings twenty-five to thirty minutes.

EGGLESS CORN STICKS

2 cups sour milk or buttermilk
3 cups fine cornmeal
1 cup boiling water
2 tablespoons melted butter
1 teaspoon salt
1 teaspoon sugar
1 teaspoon baking powder
¼ teaspoon soda

Put milk in bowl, stir in salt, sugar, melted butter and soda. Sift in meal (reserving one-half cup). Stir in boiling water, mix well. Sift in baking powder with one-half cup meal. Beat well. Turn in hot, well-greased stickroll pans or muffin rings. Bake in hot oven twenty to twenty-five minutes.

RYE MUFFINS

1 cup white flour
1 cup rye flour
1 cup sour milk or buttermilk
¼ cup warm water
¼ cup sugar
1 teaspoon salt
¾ teaspoon soda
3 tablespoons melted shortening
1 egg

Beat egg light, add salt, sugar, and shortening. Beat until creamy. Dissolve soda in warm water, add to sour milk, stir until foamy. Sift rye and white flour together, add sour-milk mixture, mix well. Add to egg mixture. Turn in well-greased, slightly-warmed small muffin or gem pans. Set aside ten minutes, then bake in hot oven about twenty-five minutes.

GRAHAM MUFFINS

1½ cups graham flour
1½ cups white flour
2 cups milk
1 tablespoon melted shortening
2 eggs
1 teaspoon salt
3 teaspoons baking powder
1 tablespoon syrup

Sift dry ingredients together. Add milk gradually while stirring. Add well-beaten eggs, syrup and shortening. Mix well.

Bake in greased, warm muffin rings in moderate oven about thirty minutes.

BRAN MUFFINS

2 cups bran
1 cup flour
1½ cups milk
½ cup brown sugar, or 3 tablespoons syrup
1 tablespoon melted shortening
2 teaspoons baking powder
½ teaspoon soda
1 teaspoon salt
1 egg

Sift flour, salt, soda and baking powder together, add bran, stir in sugar or syrup. Add milk. Mix well. Add well-beaten egg.

Bake in well-greased, hot muffin rings in moderately hot oven, about twenty minutes.

SOUR-MILK BRAN MUFFINS

2 cups bran
2 cups flour
2 cups lukewarm sour milk, or buttermilk
¼ cup sugar
½ cup boiling water
2 teaspoons salt
1 teaspoon baking powder
1 teaspoon soda
1 egg
1 tablespoon shortening

Stir shortening with sugar until creamy, add well-beaten egg. Dissolve soda in boiling water, add to milk, stir until foamy. Add bran, sift in flour, salt and baking powder together. Add to sugar mixture. Beat well. Bake in hot, greased muffin rings in hot oven, about twenty minutes.

Makes sixteen muffins. Use half ingredients for smaller quantity.

RICE MUFFINS

1 cup cooked rice
1½ cups cornmeal
½ cup flour
1½ cups milk
2 tablespoons melted shortening
1 egg
1 teaspoon sugar
3 teaspoons baking powder
1 teaspoon salt

Beat egg light, add milk gradually, stir in rice. Mix well. Add dry ingredients, beat well. Add shortening. Bake in greased, warm muffin rings in moderate oven, about thirty minutes.

RISEN CEREAL MUFFINS

1 cup milk
1 cup cooked, cold cereal
4 cups sifted flour
½ cake yeast
1 teaspoon salt
1 tablespoon butter
2 tablespoons sugar
1 egg

Scald milk, pour while hot in mixing bowl over salt, sugar, and butter. Let stand until lukewarm. Dissolve yeast in a little of the lukewarm liquid, mix the two together. Add cereal which has been first mashed smooth, mix well. Add well-beaten egg. Sift in flour gradually. Knead well in bowl with hand. Put in slightly-greased bowl, cover and set in warm place to rise over night. Next morning, beat well, turn in greased rings one-half full. Let rise in warm place until double in bulk. Bake in moderately hot oven until brown and crisp, about twenty-five to thirty minutes.

NUT MUFFINS

¼ cup butter
¼ cup sugar
½ cup chopped pecan meats
2 cups flour
¾ cup milk
2 eggs
1 teaspoon salt
4 teaspoons baking powder

Cream butter and sugar light, add well-beaten egg yolks, add alternately flour and milk. Sift in baking powder and salt with last flour. Stir in nuts. Fold in stiffly-beaten egg whites. Bake in hot, well-greased muffin rings in moderately hot oven, about twenty minutes.

DATE MUFFINS

1½ cups flour
1 cup cornmeal
¼ cup sugar
¼ cup butter
1¼ cups milk
½ teaspoon salt
2 teaspoons baking powder
2 eggs
¾ cup chopped dates

Cream butter and sugar light, add well-beaten eggs, add milk, meal and flour alternately, add baking powder and salt to last flour. Fold in dates. Bake in hot, greased muffin rings in hot oven, about twenty to twenty-five minutes.

APPLE-SAUCE MUFFINS

1 cup graham flour
½ cup white flour
½ cup brown sugar
1 cup apple sauce
2 tablespoons butter
¾ teaspoon soda
½ teaspoon cinnamon
½ teaspoon salt
1 egg

Cream shortening soft, add sugar gradually until light. Add well-beaten egg, salt and cinnamon. Mix soda and apple sauce together, add to batter. Sift in flour gradually, beat well.

Bake in greased muffin rings in moderate oven, about forty minutes.

WHITE-POTATO MUFFINS

1 cup cooked, riced potato
1 cup cornmeal
½ cup flour
1½ cups milk
1 egg
1 teaspoon salt
3 teaspoons baking powder
1 tablespoon sugar
2 tablespoons melted shortening

Beat egg light, stir in milk gradually, stir in smoothly-mashed, riced potato. Add dry ingredients sifted together. Mix well. Add shortening. Beat light. Bake in warm, greased muffin rings in moderate oven, about twenty-five minutes.

SWEET-POTATO MUFFINS

1 cup riced, sweet potato
1½ cups flour
1½ cups milk (about)
2 tablespoons melted shortening
1½ teaspoons salt
1 teaspoon sugar
4 teaspoons baking powder
1 egg

Boil potatoes in jackets, drain, peel and mash through ricer or fine sieve. Measure required quantity, cream well, adding gradually one cup milk to soften. Add melted shortening, then stir in well-beaten egg.

Sift dry ingredients together, add to potato mixture. Stir well, add balance milk. Bake in warm, well-greased muffin rings in moderate oven, about twenty-five to thirty minutes.

CORNSTARCH OR POTATO-FLOUR MUFFINS

4 eggs
1 tablespoon sugar
2 tablespoons ice water
½ cup potato flour or cornstarch
1 teaspoon baking powder
¼ teaspoon salt

Beat egg whites stiff and dry. Beat egg yolks light, add salt and sugar gradually, beating until very light. Fold in stiff egg whites. Sift flour and baking powder together twice, then sift into egg mixture, folding in lightly. Add ice water. Bake in greased muffin or gem rings in fairly hot oven, about twenty minutes. Serve at once with fresh butter and marmalade.

TEA GEMS

¼ cup cornmeal
1½ cups flour
½ cup sugar
¼ cup butter
3 eggs
2 teaspoons baking powder
¼ teaspoon salt
1 cup milk

Cream butter and sugar light, add well-beaten yolks, mix well. Stir in milk alternately while sifting in dry ingredients together. Fold in stiffly-beaten egg whites. Bake in hot, well-greased gem or muffin rings in moderately hot oven, about twenty-five minutes.

ROLLED OATS GEMS

1½ cups milk
2 cups rolled oats
1 cup flour
2 tablespoons syrup
2 eggs
1 teaspoon salt
4 teaspoons baking powder
1½ tablespoons melted shortening

Pour scalding milk over rolled oats, let stand thirty minutes. Add well-beaten egg, syrup and shortening. Mix well. Add flour, baking powder and salt sifted together. Beat light. Bake in greased, warm gem pans in moderate hot oven, about thirty minutes.

SALLY LUNN

2 cups flour
1 cup milk
⅓ cup melted butter
1 tablespoon sugar
2 eggs
3 teaspoons baking powder
½ teaspoon salt

Beat egg yolks light, add milk and melted butter, beat in quickly dry ingredients sifted together. Fold in stiffly-beaten egg whites. Bake in greased muffin rings or in a shallow pan in fairly hot oven, fifteen to twenty minutes. Serve hot with butter and honey, syrup or jam.

POP OVERS

3 eggs
½ teaspoon salt
1 teaspoon melted butter
2 cups flour (sifted twice)
2 cups milk

Sift flour and salt together, stir in milk gradually, beating until smooth. Add well-beaten eggs and butter, beating with egg beater until well mixed. Strain into sizzling hot, buttered, iron gem pans or small round muffin rings, filling only two-thirds full. Bake in hot oven thirty to thirty-five minutes. Serve at once or pop overs will fall. Makes twelve to fifteen small pop overs.

WHOLE-WHEAT POP OVERS

1⅓ cups whole wheat flour
⅔ cup white flour
2 cups milk
3 eggs
½ teaspoon salt
1 teaspoon melted butter

Sift white flour and salt together, add whole wheat flour without sifting. Stir in milk gradually, beating until smooth. Add well-beaten eggs and butter. Beat with egg beater until batter is smooth. Bake in very hot, well greased, small muffin or gem rings in hot oven, about thirty minutes. Serve at once.

SCOTCH CREAM CONES

2 cups flour
⅓ cup cream
⅓ cup butter
2 teaspoons sugar
2 eggs
½ teaspoon salt
3 teaspoons baking powder

Sift dry ingredients together in mixing bowl. Mix in butter lightly with finger tips. Beat eggs light, add cream gradually, then add slowly to flour mixture, stirring with a fork and handling dough as little as possible. Toss on floured board, pat and roll lightly about one-half inch thick. Cut in three-inch squares then mark each square slightly with a knife or spatula into quarters or scones. Place

on greased tins, brush with beaten egg mixed with a little milk, sprinkle tops with confectioner's sugar. Bake in hot oven twelve to fifteen minutes. Serve with salad course or with tea, chocolate, or coffee.

BAKING-POWDER BISCUITS

3 cups flour
1½ cups sweet milk (about), or milk and water mixed
1 teaspoon salt
4 teaspoons baking powder
⅓ cup shortening

Sift dry ingredients together in mixing bowl. Cut in shortening with a knife or rub in with tips of fingers. Add milk gradually, mixing in with a spoon or knife, using just sufficient to make dough soft enough to handle easily. Pat and roll out on biscuit board one-half inch thick, handling dough as little as possible all the way through. If crusty biscuits are preferred, roll dough thinner, and do not let them touch in the pan.

If soft brown biscuits are preferred, roll dough thicker and crowd together in pan. Cut with small biscuit cutter.

Bake in hot oven from ten to eighteen minutes, dependent on size. The smaller the biscuits are, the quicker they should bake and the lighter they will be.

BUTTERMILK BISCUITS

1 qt. flour
½ teaspoon soda
2 teaspoons baking powder
2 teaspoons salt
2 cups sour milk or buttermilk (about)
½ cup shortening

Sift dry ingredients together. Mix in shortening with a knife or tips of fingers. Dissolve soda in milk, using a little less soda if milk is not acid. Mix milk gradually in flour with a spoon or knife. Pat and roll out on floured board about one-half inch thick. Cut with biscuit cutter.

Handle dough as little as possible if you want good biscuits. Bake in hot oven fifteen to twenty minutes until golden brown.

It is impossible to give exact quantity of liquid for biscuits owing to difference in quality of flour. Dough should be smooth and soft enough to handle easily.

RICH BISCUITS

4 cups flour
¾ cup shortening
1 cup rich milk (about)
1 teaspoon salt
3 tablespoons baking powder

Mix dry ingredients, sift three times. Work in shortening with tips of fingers until flour looks crumbly. Add milk gradually, mixing in with a knife to soft dough (amount of liquid varies with quality of flour).

Handle as little as possible. Toss on slightly-floured board, pat and roll out three-quarters inch thick. Cut with biscuit cutter. Bake in hot oven, about fifteen minutes.

LUNCHEON BISCUITS

4 cups sifted flour
1 cup rich milk (about)
1 tablespoon Crisco or lard
2 tablespoons butter
½ teaspoon sugar
¾ teaspoon salt
3 teaspoons baking powder

Add sugar, salt and baking powder to sifted flour, sift again. Mix in shortening with tips of fingers until flour looks crumbly. Mix in milk gradually with a spoon until dough may be easily handled, but not too soft. Sometimes it is necessary to use a little more or less milk, dependent on quality flour used. Handle as little as possible.

Roll out on biscuit board, about one and one-quarter inches thick, cut with a tiny round cutter. Put in pans and leave in refrigerator at least one hour before baking.

Bake in hot oven to golden brown about eight to twelve minutes. Serve hot. Nice for luncheon or afternoon tea.

POTATO BISCUITS

1¼ cups riced, white or sweet potatoes
2 cups sifted flour
⅓ cup shortening
½ cup milk (about)
1½ teaspoons salt
4 teaspoons baking powder

Boil potatoes in jackets, drain and peel. Press through ricer, measure required quantity. Sift flour, salt and baking powder together. Rub in shortening with tips of fingers. Add potatoes, mix well. Work in just enough milk to make rather soft dough. Roll out on lightly-floured board one inch thick. Cut with biscuit cutter. Bake in moderate oven twenty to twenty-five minutes.

NUT BISCUITS

1 pint flour
¾ cup rich milk (about)
1 cup chopped pecan meats
2 tablespoons butter
1 tablespoon other shortening
3 tablespoons baking powder
1 tablespoon sugar
¾ teaspoon salt

Sift dry ingredients together twice. Mix in shortening with tips of fingers. Add milk gradually, mixing with a spoon or knife to dough that can be easily handled, but not too soft. Add nuts, handle as little as possible. Roll out on floured board one inch thick. Cut with tiny round cutter.

Put in pans, let stand in cool place at least one hour before baking. Bake in hot oven to crisp, golden brown, ten to twelve minutes. Serve hot with salads.

DATE BISCUITS

1 pint flour
1 cup dates (cut in small pieces)
¼ cup butter
½ cup milk (about)
4 teaspoons baking powder
1 teaspoon salt

Sift dry ingredients together twice. Mix in butter with tips of fingers. Add milk, mixing in with a spoon to soft dough. Add dates. Roll on floured board about one-half inch thick. Handle as little as possible. Cut with very small biscuit cutter. Bake in greased pans in hot oven, about fifteen minutes.

WHOLE WHEAT BISCUITS

1 cup whole wheat flour
1 cup white flour
¾ cup milk (about)
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening

Sift white flour, salt and baking powder together, add whole wheat flour. Mix in shortening with tips of fingers. Mix in milk with a knife to soft dough. Roll out on slightly-floured board one-half inch thick. Cut with biscuit cutter. Bake in fairly hot oven about twenty minutes. If preferred, all whole wheat flour may be used.

BEATEN BISCUITS

1 qt. flour
½ cup milk and water (in equal parts)
1 saltspoon baking powder
½ cup shortening
2 teaspoons sugar
1 teaspoon salt

Sift dry ingredients together. Work in shortening with tips of fingers. Add liquid gradually, mixing in with knife to rather soft dough. Knead well, then run through beat biscuit machine two or three times, or turn on board and beat with wooden rolling pin until dough is blistered, then beat some more.

Roll out one-quarter or one-half inch thick, as preferred. Cut with tiny, round cutter, prick tops with a fork. Bake in ungreased pans in hot oven.

CHAPTER XXXIV

TOAST, WAFFLES, GRIDDLE CAKES, PANCAKES, ETC.

TOAST

Bread for toast should be at least one day old or it may be dried in oven before toasting. Slices should be cut smoothly, about one-quarter to one-half inch thick. The crusts may be removed or not as desired. The bread may be toasted inside a hot coal oven, next to the flame in a gas oven, or on a double broiler over a red coal, but not blazing fire. In any case, it must be watched closely and browned evenly on both sides. Serve at once, dry or buttered as preferred.

TOAST STICKS

Cut stale white bread in strips about one-third inch thick and one-third inch wide. After removing crusts, spread with soft butter, then toast golden brown in hot oven. Serve with soups.

CREAM TOAST

Toast slices of stale bread golden brown in oven, butter and keep hot. Pour over toast the following hot sauce when serving:

1 tablespoon flour
2 tablespoons butter
1½ cups rich milk
Pinch salt

Melt butter in saucepan, stir in flour until blended, add milk gradually, stirring until creamy, but not too thick. Add salt. Serve at once.

If soft toast is preferred, place on a wire rack and set over a pan of hot water to steam before pouring hot sauce over.

TOAST TRIANGLES

Cut sandwich bread in smooth slices, about one-quarter inch thick. Cut each slice diagonally across to make two triangles. Toast as usual. Serve as garnishing for chops, sweet breads or other dishes.

MELBA TOAST

Cut stale bread in smooth slices, almost as thin as a wafer. Place on baking sheets, dry out crisp and brown lightly in a very slow oven. Serve instead of rolls or bread.

MILK TOAST

Toast bread slices golden brown. Butter liberally while hot. Place in shallow bowls. Sprinkle each portion with sugar according to taste, then cover liberally with scalding hot, rich milk, to which two tablespoons cream has been added. Serve at once.

CINNAMON TOAST

Cut sandwich bread in slices as for plain toast. Do not remove crusts. Toast on one side, removing from oven, butter untoasted side quickly with soft butter, sprinkle thickly with confectioner's sugar and cinnamon mixed together. Put back in oven, toast on covered side, being careful not to toast too quickly or sugar will burn before bread is toasted. Serve at once.

ROLLED CINNAMON TOAST

Cut sandwich bread in very thin slices. Remove all crust. Spread with very soft or melted butter. Sprinkle liberally with confectioner's sugar and cinnamon mixed together. Roll up each slice and pin together with a toothpick. Toast carefully on top rack of hot oven or under gas flame. Turn to toast all over.

When done, sprinkle lightly with more sugar and cinnamon. Serve at once. Nice for afternoon tea.

FRENCH TOAST (AMARILLA)

1 egg
4 slices sandwich bread
⅓ cup milk
Sugar and cinnamon mixture
Butter

Cut bread as for toast, without removing crust. Beat egg slightly, add milk. Dip bread slices with a fork into milk mixture, moistening well on both sides, not too wet. Cover bottom of a hot skillet one inch or more with hot or rendered butter. Brown moistened bread quickly as soon as dipped, first on one side then on other in hot butter. Do not cook more than two or three slices at one time. If cooked too slowly, toast will be greasy. Drain and sprinkle while hot with confectioner's sugar and cinnamon mixed together.

MATZOS FRENCH TOAST

2 eggs
3 matzos
½ cup milk
Butter or fowl fat

Beat eggs light, add milk. Dip half pieces of matzos into mixture being careful that both sides are well dampened but not soft. Fry each piece as soon as dipped, in hot skillet covered two inches deep with hot fat. Brown quickly on both sides, sprinkle with confectioner's sugar and cinnamon. Serve at once.

CHEESE DREAMS

Cut slices of sandwich bread, not too thick. Remove crust. Butter with softened butter. Spread thick slices of yellow cheese or grated cheese between each two pieces of bread, making a sandwich. Press tightly to keep together, or stick together with a toothpick when frying and remove afterwards. Drop each sandwich in deep, very hot fat or butter, or immerse in fat in a frying basket. Fry quickly golden brown. Serve at once.

Nice for afternoon teas, or to serve with salad.

HOW TO COOK GRIDDLE CAKES

A soapstone griddle iron is best for cooking griddle cakes as it requires no greasing. When using any other fryer or griddle, it must be well greased. For greasing, use a bacon rind to rub over griddle, or tie a piece of clean cheesecloth around a small stick or fork, dip in melted fat or butter and rub lightly over the *hot* griddle. Some individuals like griddle cakes cooked with more grease, but this makes them more indigestible. Pour batter from cup or small pitcher or by spoonfuls on hot griddle when ready to cook. When bubbly and brown on one side, turn to brown on other side. Serve with syrup, honey, or sugar.

BREAD GRIDDLE CAKES

1½ cups stale bread crumbs
1½ cups hot milk
2 tablespoons melted butter
1 tablespoon sugar
3 teaspoons baking powder
2 eggs
1½ cups flour
½ teaspoon salt

Scald crumbs with milk, add butter, mix well, let stand until cool. Add well-beaten eggs, flour, sugar, salt and baking powder, sifted together. Cook same as other griddle cakes.

CORNMEAL GRIDDLE CAKES

2 cups cornmeal
3 cups milk
1 teaspoon molasses
½ teaspoon salt
2 tablespoons flour
1 teaspoon salt
2 teaspoons baking powder
2 eggs

Sift meal, flour and salt together, add milk gradually while stirring. Add well-beaten egg yolks. Add molasses, beat well. Sift in baking powder. Fold in stiffly-beaten egg whites. Drop by spoonfuls on hot, greased griddle, browning nicely on both sides. Serve with butter and syrup.

SOUR-MILK CORNMEAL GRIDDLE CAKES No. 1

2 cups cornmeal
½ cup flour
2 cups sour milk, or buttermilk
½ teaspoon baking powder
1 or 2 eggs
½ teaspoon salt
½ teaspoon soda
1 tablespoon molasses

Sift flour, cornmeal and salt together. Dissolve soda in sour milk, stir until foaming, then add to flour mixture. Add well-beaten eggs and molasses. Add baking powder. Beat well. Cook in small cakes on very hot, greased griddle. Serve with syrup or honey.

SOUR-MILK CORNMEAL GRIDDLE CAKES No. 2

2 cups cornmeal
⅓ cup flour
2 cups sour milk, or buttermilk
½ cup boiling water
1 egg
1 tablespoon molasses
1 teaspoon salt
½ teaspoon soda
½ teaspoon baking powder

Beat egg light, add molasses and salt. Add milk. Sift in meal. Stir in boiling water rapidly. When well mixed add flour, baking powder and soda sifted together. Cook by spoonfuls on hot greased griddle.

WHOLE WHEAT GRIDDLE CAKES

2 cups whole wheat flour
1 cup white flour
2 cups milk
2 eggs
1 teaspoon salt
3 teaspoons baking powder
1 tablespoon sugar
1 tablespoon melted butter

Beat eggs light, add milk. Add slowly, while stirring, white flour, baking powder, sugar and salt sifted together. Add whole wheat flour without sifting, beat well. Add butter. If batter is left standing, cakes will be flat unless more baking powder is added when cooking.

MATZOS FRENCH TOAST

2 eggs
3 matzos
½ cup milk
Butter or fowl fat

Beat eggs light, add milk. Dip half pieces of matzos into mixture being careful that both sides are well dampened but not soft. Fry each piece as soon as dipped, in hot skillet covered two inches deep with hot fat. Brown quickly on both sides, sprinkle with confectioner's sugar and cinnamon. Serve at once.

CHEESE DREAMS

Cut slices of sandwich bread, not too thick. Remove crust. Butter with softened butter. Spread thick slices of yellow cheese or grated cheese between each two pieces of bread, making a sandwich. Press tightly to keep together, or stick together with a toothpick when frying and remove afterwards. Drop each sandwich in deep, very hot fat or butter, or immerse in fat in a frying basket. Fry quickly golden brown. Serve at once.

Nice for afternoon teas, or to serve with salad.

HOW TO COOK GRIDDLE CAKES

A soapstone griddle iron is best for cooking griddle cakes as it requires no greasing. When using any other fryer or griddle, it must be well greased. For greasing, use a bacon rind to rub over griddle, or tie a piece of clean cheesecloth around a small stick or fork, dip in melted fat or butter and rub lightly over the *hot* griddle. Some individuals like griddle cakes cooked with more grease, but this makes them more indigestible. Pour batter from cup or small pitcher or by spoonfuls on hot griddle when ready to cook. When bubbly and brown on one side, turn to brown on other side. Serve with syrup, honey, or sugar.

BREAD GRIDDLE CAKES

1½ cups stale bread crumbs
1½ cups hot milk
2 tablespoons melted butter
1 tablespoon sugar
3 teaspoons baking powder
2 eggs
1½ cups flour
½ teaspoon salt

Scald crumbs with milk, add butter, mix well, let stand until cool. Add well-beaten eggs, flour, sugar, salt and baking powder, sifted together. Cook same as other griddle cakes.

CORNMEAL GRIDDLE CAKES

2 cups cornmeal
3 cups milk
1 teaspoon molasses
½ teaspoon salt
2 tablespoons flour
1 teaspoon salt
2 teaspoons baking powder
2 eggs

Sift meal, flour and salt together, add milk gradually while stirring. Add well-beaten egg yolks. Add molasses, beat well. Sift in baking powder. Fold in stiffly-beaten egg whites. Drop by spoonfuls on hot, greased griddle, browning nicely on both sides. Serve with butter and syrup.

SOUR-MILK CORNMEAL GRIDDLE CAKES No. 1

2 cups cornmeal
½ cup flour
2 cups sour milk, or buttermilk
½ teaspoon baking powder
1 or 2 eggs
½ teaspoon salt
½ teaspoon soda
1 tablespoon molasses

Sift flour, cornmeal and salt together. Dissolve soda in sour milk, stir until foaming, then add to flour mixture. Add well-beaten eggs and molasses. Add baking powder. Beat well. Cook in small cakes on very hot, greased griddle. Serve with syrup or honey.

SOUR-MILK CORNMEAL GRIDDLE CAKES No. 2

2 cups cornmeal
⅓ cup flour
2 cups sour milk, or buttermilk
½ cup boiling water
1 egg
1 tablespoon molasses
1 teaspoon salt
½ teaspoon soda
½ teaspoon baking powder

Beat egg light, add molasses and salt. Add milk. Sift in meal. Stir in boiling water rapidly. When well mixed add flour, baking powder and soda sifted together. Cook by spoonfuls on hot greased griddle.

WHOLE WHEAT GRIDDLE CAKES

2 cups whole wheat flour
1 cup white flour
2 cups milk
2 eggs
1 teaspoon salt
3 teaspoons baking powder
1 tablespoon sugar
1 tablespoon melted butter

Beat eggs light, add milk. Add slowly, while stirring, white flour, baking powder, sugar and salt sifted together. Add whole wheat flour without sifting, beat well. Add butter. If batter is left standing, cakes will be flat unless more baking powder is added when cooking.

SWEET-MILK WHEAT CAKES

2⅓ cups flour
3 teaspoons baking powder
1 teaspoon salt
1 tablespoon melted shortening
1½ cups milk
2 eggs
2 tablespoons sugar

Sift flour, salt and sugar together, add milk gradually, stirring until smooth. Add well-beaten eggs and shortening. Sift in baking powder with one teaspoon flour. Beat well. Drop by spoonfuls on hot griddle. When puffed, full of bubbles and brown on one side, turn and cook on other side. Serve with butter and honey or maple syrup.

SOUR-MILK WHEAT CAKES

3 cups flour
2 cups sour milk, or buttermilk
1 tablespoon sugar or syrup
1 tablespoon hot water
2 eggs
½ teaspoon salt
1 teaspoon baking powder
¾ teaspoons soda

Beat eggs slightly. Stir soda in water, add milk, stirring until foamy, then add to beaten eggs. Sift flour, salt, baking powder and sugar together in mixture. Mix well. If syrup is used instead of sugar, add it to eggs before adding flour mixture. Cook same as sweet-milk wheat cakes.

QUICK BUCKWHEAT CAKES

3 cups buckwheat
1 tablespoon molasses
1 saltspoon soda
1 pint milk
1 egg
1 teaspoon salt
1 teaspoon sugar

Stir milk into buckwheat, add salt, sugar, molasses, and well-beaten egg. Beat well. Add soda when ready to bake. Cook same as sweet-milk wheat cakes. Serve with butter and maple syrup.

OLD-FASHIONED BUCKWHEAT CAKES

½ cake yeast
1 teaspoon salt
1 egg
3 cups buckwheat (about)
1 cup lukewarm water
1 cup lukewarm milk
1 tablespoon molasses

Dissolve yeast in lukewarm water, add salt. Stir into buckwheat, adding milk gradually. Beat well. Set aside to rise over night in warm place. Next morning, stir in molasses, and well-beaten egg.

Sometimes, batter gets a little soft from rising, if so, add a little more buckwheat. Batter should not be too thick. Cook same as sweet-milk wheat cakes. Serve with butter and maple syrup.

MATZOS GRIDDLE CAKES

3 matzos
1 teaspoon salt
½ teaspoon sugar
2 eggs
½ teaspoon baking powder

Break matzos, cover with boiling water ten minutes. Drain and squeeze dry, cream smooth. Add well-beaten egg yolks, sugar, salt, and baking powder. Add stiffly-beaten egg whites. Drop by spoonfuls on hot, well-greased griddle, browning nicely on both sides. Serve with honey.

MATZOS-MEAL GRIDDLE CAKES

2 cups matzos meal
½ cup boiling water
1 cup cold milk
1 teaspoon baking powder
2 eggs
1 teaspoon salt
1 teaspoon sugar or honey

Beat eggs very light, add half the meal, sugar or honey and salt. Stir in boiling water, add milk. Add balance meal with baking powder. Mix well. Drop by spoonfuls in small cakes on well-greased, very hot griddle, browning nicely on both sides. If batter is left standing, more milk or water and baking powder must be added as it thickens. More fat is required to cook these cakes than ordinary griddle cakes.

For small family, use half recipe.

FRESH-CORN GRIDDLE CAKES

1 cup scraped, boiled corn
1½ cups flour
⅔ cup milk
2 eggs
1 teaspoon sugar
1 teaspoon salt
1½ teaspoons baking powder

Use cold corn that has been boiled on cob. Left-over corn may be used. Cut through grains with sharp knife, then scrape down so as to get corn without the husk. Measure required quantity.

Beat eggs light, stir in corn, add alternately milk and flour to which baking powder has been added. Add salt and sugar. Drop by spoonfuls on hot griddle, fry on both sides like griddle cakes, greasing griddle more than usual.

Serve hot with butter and syrup, jam or honey.

APPLE FLAPJACKS

2 medium size apples
1 tablespoon sugar
1 teaspoon baking powder
½ cup cold water
2 tablespoons milk
½ cup flour
2 eggs
Salt

Peel apples, quarter and core. Add water, cook ten minutes until softened. Drain and chop fine. Beat eggs and sugar light, sift in flour and baking powder together, alternately with milk, add salt and apples.

Cook same as griddle cakes on hot, well-greased griddle.

GERMAN PANCAKES

6 eggs
½ teaspoon salt
1 cup milk
1¼ cups flour

Beat egg yolks very light with egg beater. Add milk gradually while stirring. Sift in salt and flour together. Beat well. Fold in stiffly-beaten whites. Heat an iron skillet with tight-fitting top (Dutch oven is best). Cover bottom with two tablespoons rendered butter or fat. When hot, pour in sufficient batter to cover bottom of skillet. Put on skillet top. Brown pancake nicely on one side, then turn on other. Cover skillet again until pancake is brown on other side. Remove to hot plate, sprinkle with confectioner's sugar and lemon juice. Makes three pancakes.

BAKED EGG PANCAKE

3 eggs
¼ teaspoon salt
⅓ cup flour
⅓ cup rich milk

Beat eggs very light with egg beater. Stir in milk and flour alternately. Add salt. Beat smooth. Pour batter in a hot, well-greased skillet. Bake in a hot oven about ten minutes until nicely browned. Sprinkle with powdered sugar and lemon juice, or serve with jelly or syrup. Makes one large pancake sufficient for two people. Serve at once or pancake will fall.

FRENCH PANCAKES

4 eggs
1¼ cups milk
1 tablespoon confectioner's sugar
1 cup flour
½ teaspoon salt

Beat eggs slightly, add salt and sugar. Add milk and flour alternately, beat well. Have frying pan very hot, grease well. Pour in a small amount of batter, tilt pan so that batter will spread over bottom. When lightly brown, turn with spatula and brown lightly on other side. Leave plain, or spread with jelly. Roll up quickly. Sprinkle with confectioner's sugar and serve at once.

POTATO PANCAKES

6 medium size raw white potatoes
2 tablespoons flour
2 eggs
½ teaspoon salt

Scrub potatoes, peel, grate and drain. Add salt, well-beaten egg yolks, flour and stiffly-beaten egg whites. Drop by spoonfuls in hot, very well-greased frying pan in small cakes. Fry brown on both sides. If potatoes are left standing after grating, they will turn dark. Serve with apple sauce when serving pot roast.

GERMAN POTATO PANCAKES

4 cups grated raw white potatoes
¾ cup scalded milk
1 cup flour
4 eggs
2 teaspoons salt
1½ teaspoons baking powder

Scrub and peel potatoes. Grate, then drain through sieve. Measure required quantity. Stir in hot milk. Add well-beaten egg yolks and salt. Sift in flour and baking powder. Beat well. Fold in stiffly-beaten whites.

Cover bottom of skillet, having tight-fitting top, with fat. When hot, drop in batter by kitchen spoonfuls. Keep skillet covered until cakes are brown on one side, then remove top and fry crisp on other side. Serve at once.

Serve with apple sauce as accompaniment to pot roast.

Use half recipe for small family.

HOW TO COOK WAFFLES

To cook good waffles, the waffle iron should fit tightly over stove hole, so that it will not slip. The iron should be heated well on both sides before greasing. Grease with a piece of bacon rind, or with a piece of cheesecloth tied around the end of a small stick or small fork dipped in melted shortening. After greasing the iron well for the first waffle, it should not need such careful greasing if kept hot and clean.

When baking, put a spoonful of mixture in the center of each section of hot iron, then cover quickly with top and mixture will spread to just fill iron. If heated sufficiently, the iron should be turned almost immediately so that the waffle will be nicely browned on both sides. Serve at once if desired crisp, as waffles soften from standing.

In using soda, the quantity depends on acidity of sour milk or buttermilk. If milk is not acid, use less soda.

DAINTY WAFFLES

2 cups flour
1½ cups milk (about)
2 eggs
4 tablespoons melted shortening
4 teaspoons baking powder
⅓ teaspoon salt

Sift salt, flour and baking powder together, add beaten egg yolks, stir in milk. Add shortening. Mix well. Beat egg whites stiff, fold in mixture. Batter should look spongy and drop readily from spoon. Sometimes, it is necessary to use a bit more or less milk, dependent on quality of flour.

SOUR-MILK WAFFLES

3 cups flour
½ cup cornmeal
½ cup shortening
2½ cups sour milk (about)
1 tablespoon syrup
2 eggs
1 teaspoon baking powder
1 teaspoon soda
1 teaspoon salt

Cream butter, stir in eggs, add syrup and salt. Sift in soda. Sift in meal, add one cup sour milk. Add baking powder to flour, then sift in alternately with balance milk. Cook in hot, well-greased waffle irons.

SPONGE WAFFLE

3 eggs
½ teaspoon sugar
¼ teaspoon baking powder
½ tablespoon flour (about)
½ tablespoon sweet cream
½ tablespoon milk
Few grains salt

Beat eggs and sugar very light with egg whip. Sift flour with baking powder, add to eggs. Add milk, cream and salt. Grease well a large, hot waffle iron. Pour in batter. Cook quickly. When brown on both sides, drop bits of peach preserves in holes of waffle. Serve at once with fresh sweet butter or whipped cream. Makes one large waffle.

POTATO-FLOUR WAFFLES

4 eggs
¼ teaspoon salt
1 teaspoon baking powder
½ cup potato flour
1 tablespoon sugar
2 tablespoons ice water

Beat egg whites stiff and dry. Beat yolks light, add salt and sugar, beating until very light and lemon colored. Fold in stiff whites.

Sift potato flour and baking powder together twice, then sift into egg mixture. Mix well. Add ice water. Cook in very hot well-greased waffle irons. Serve as soon as baked, with strawberry preserves or syrup.

WHOLE WHEAT WAFFLES

1½ cups whole wheat flour
½ cup white flour
2 cups buttermilk
⅓ cup melted shortening
¾ to 1 teaspoon soda
2 eggs
1 teaspoon salt
1 teaspoon sugar
½ teaspoon baking powder

Beat eggs light. Stir soda in milk, add gradually to eggs (quantity of soda depends on acidity of milk). Sift in white flour, sugar and salt together. Add whole wheat flour without sifting. Stir in melted shortening. Add baking powder just before cooking.

As batter thickens when left standing, it may be necessary to add a little more milk if waffles are not cooked at once. Cook in well-greased, hot waffle irons.

MATZOS WAFFLES

3 whole matzos
3 tablespoons melted butter
1 teaspoon baking powder
1½ cups milk
3 eggs
1 teaspoon sugar
½ teaspoon salt

Soak matzos in cold water until soft, drain, squeeze dry and cream well. Add well-beaten eggs, sugar, salt, melted butter and milk. Beat well, sift in baking powder. If batter is left standing, it may require a little extra milk as it thickens. Cook in well-greased, hot waffle irons. Serve with honey.

CHAPTER XXXV

DEEP FRIED FOODS
(Croquettes, Doughnuts, Fritters, Etc.)

Croquettes make a dainty luncheon or supper dish besides being often served as an entree at dinner.

Left-over fowl, veal, meat, sweetbreads, oysters, fish, macaroni, cheese, hard-boiled eggs, and many cereals and vegetables may be served in croquette shape.

Simple directions for croquette making seem a necessity as so many housewives have difficulty in getting them light, fluffy, and non-greasy as they should be.

First prepare the ingredients, always using cooked material of some kind. If meat or fowl is used, all gristle, fat, bone and skin must be removed. If fish is to be used, free it from all skin and bone, and flake with a fork after cooking. Vegetables, macaroni or eggs should be cut in dice or chopped fine.

A binding sauce is always used for the daintier croquettes. For this purpose, use a medium or thick white sauce, and season well with salt, pepper and paprika. The sauce should be mixed with the main ingredient, then spread the mixture in a flat platter to chill and stiffen in refrigerator before shaping into croquettes.

The egg for dipping should be slightly beaten with a fork, mixing one or two tablespoons cold water with it. Bread crumbs for coating should be thoroughly dried, then rolled fine or sifted.

CROQUETTE MAKING AND FRYING

When ready to shape croquettes, have beaten egg ready in a saucer, adding one tablespoon cold water for each egg.

Put sifted bread crumbs in a flat dish, and have biscuit board clean and dry. Get cold croquette mixture from refrigerator, take off a rounding tablespoonful, lay it in the saucer of crumbs. Toss the crumbs over mixture, shaping it with a spoon into croquette shape while doing this, then roll in beaten egg, then in crumbs again. Sprinkle a little dry bread crumbs on biscuit board, and as croquettes are put on it, they may be easily rolled into shape. Do not make crumb coating too thick or croquettes will be stiff. Place on a flat platter in refrigerator until ready to cook, being careful to keep

about one inch apart, otherwise when frying, the fat will penetrate and make the croquettes soggy.

Always choose a fairly deep frying kettle for croquettes, fritters or doughnuts, and, if possible, have a wire frying basket to fit into kettle. Correct frying allows the food to absorb as little of the grease as possible, and after frying the fat may be clarified and strained and used again several times. Have the kettle about half full of fat, and have it hot enough to sear the surface of the food to be fried immediately upon immersing, so that the grease will not penetrate to the center and make it greasy.

When a frying basket is used, the food to be fried is placed in the basket (not touching each other) then the basket is immersed in the hot fat, and raised up after the frying to allow the food to drain.

One cause for croquettes bursting is that the food has not been entirely covered by the egg as well as by the bread crumbs.

Fritters are served for luncheon, supper or dinner. As an entree, vegetable, or a dessert, dependent on the ingredient used for filling, and if served with a sauce. The foundation batter is much the same for all fritters. Fritters should be fried in deep, hot fat the same as croquettes and doughnuts.

MEAT CROQUETTES

2 cups ground, cooked meat
1 cup rolled bread crumbs
1 cup milk
½ teaspoon salt
½ teaspoon minced parsley
1 egg
1 tablespoon melted butter
Dash pepper
Dash paprika

Any left-over meat or fowl may be used. Grind meat. Add milk to bread crumbs, heat, stir in well-beaten egg, then remove from fire. Add meat and seasoning. Mix well. Place mixture in refrigerator until thoroughly chilled. Follow directions for croquette making and frying. Serve with green peas.

VEAL CROQUETTES

2 lbs. lean veal
2 cloves
1 bay leaf
⅛ teaspoon pepper
1 tablespoon chopped onion
1 teaspoon minced parsley
2 teaspoons salt

Cover veal with cold water, add other ingredients, cook slowly until meat is very tender, drain and chop very fine. Add to chopped meat the following:

Sauce

1 cup scalded milk
1 teaspoon salt
¼ teaspoon grated nutmeg
1 tablespoon minced parsley
2 tablespoons butter
2 tablespoons flour
2 drops onion juice
Dash cayenne

Melt butter, stir in flour until blended, add milk, stirring until smooth. Add seasonings. Stir until thick and smooth. Remove from fire, mix with chopped meat. Spread on flat platter, chill in refrigerator. Follow directions for croquette making and frying.

Insert a small sprig parsley in top of each croquette when serving.

SWEETBREAD CROQUETTES

2 cups chopped cooked sweetbreads
1 cup Thick White Sauce (page 159)
2 teaspoons lemon juice
⅛ teaspoon pepper
1 egg
1 teaspoon minced parsley
½ teaspoon salt

Clean sweetbreads, cook until tender, then chop fine. Add beaten egg to hot white sauce, mix with sweetbreads, add seasonings and lemon juice. Place in refrigerator until chilled. Follow directions for croquette making and frying.

SWEETBREAD AND MUSHROOM CROQUETTES

1½ cups chopped sweetbreads
1 can chopped canned mushrooms
1½ cups Thick White Sauce (page 159)
1 egg
1 teaspoon minced parsley
2 teaspoons lemon juice
Salt and pepper

Clean sweetbreads, cook tender, then chop fine. Add beaten egg to hot sauce, mix with mushrooms and sweetbreads. Add seasonings and lemon juice. Cool, shape, roll in egg and crumbs, and fry as other croquettes.

LOBSTER CROQUETTES

1 lb. cooked lobster meat, or 1 large can lobster
3 egg yolks
1½ cups rich milk, or sweet cream
1 teaspoon minced parsley
2 tablespoons butter
3 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
1½ tablespoons lemon juice

Melt butter, stir in flour until blended, add milk or cream gradually while stirring, add seasoning. Stir until mixture begins to thicken, then add lobster meat and cook until thick. Remove from fire. Pour lemon juice over. Spread on flat platter, place in refrigerator to chill and stiffen. Follow directions for croquette making and frying.

SHRIMP CROQUETTES

2½ cups cooked shrimp
2 egg yolks
1 cup thick cream sauce

Chop shrimp. Heat cream sauce in double boiler. Add shrimp, cook ten minutes. Just before removing from fire, stir in well-beaten egg yolks until mixture is thick. Add more seasoning if necessary. Remove at once from fire. Turn on flat platter, let chill and stiffen in refrigerator. Follow directions for croquette making and frying.

CHICKEN CROQUETTES

2 cups cold cooked chicken (finely chopped)
½ cup chopped nuts (if desired)
1 cup thick white sauce
2 drops grated onion
¾ teaspoon salt
¼ teaspoon celery salt, or fresh chopped celery
1 teaspoon lemon juice
1 teaspoon finely-chopped parsley
Dash cayenne
Pinch white pepper

Add chicken to hot white sauce. Add celery and nuts. Add seasoning. Place on ice until cold and stiff. Follow directions for croquette making and frying. Serve with green peas.

CHICKEN CUTLETS

2 cups cooked, diced chicken
1 cup milk
2 drops onion juice
2 teaspoons lemon juice
2 eggs
2 tablespoons butter
2 tablespoons flour
1 tablespoon chopped parsley
Salt and pepper
Paprika
Bread crumbs

Melt butter, stir in flour until blended, add milk gradually, stirring until smooth. Add seasoning. Add chicken, mix well, spread on platter in refrigerator until cold and stiff. Form in cutlet shape, roll in fine bread crumbs, dip in beaten eggs, then in crumbs again. Fry quickly to golden brown in deep hot fat. Serve with mushroom sauce.

SALMON CROQUETTES

2 cups canned salmon
½ cup milk
1 teaspoon finely-chopped parsley
1 tablespoon butter
1 tablespoon finely-rolled bread crumbs
2 rounding tablespoons flour
Salt and pepper

Melt butter, stir in flour until blended, add milk gradually, stir until thick. Add seasonings. Stir in flaked salmon, cook five min-

utes longer. Remove from fire, add bread crumbs. Mix well. Spread on platter, place in refrigerator to chill and stiffen.

Follow directions for croquette making and frying.

CRAB CROQUETTES

1 pint fresh crab meat
1 cup thick white sauce
1 teaspoon chopped parsley
¼ teaspoon grated onion
Salt and cayenne

Mix all ingredients together, spread on flat platter in refrigerator. When chilled and stiff proceed as for other croquettes.

Serve with green peas.

EGG BALLS

3 hard-boiled eggs
1 tablespoon flour
2 tablespoons sweet cream
½ teaspoon salt
1 teaspoon melted butter
Dash white pepper

Boil eggs perfectly hard, cover with cold water. When cold, peel and press through ricer or fine sieve. Mash smooth, add salt, pepper, and melted butter. Mix well, stir in cream and flour. Shape in balls in palm of hand. Follow directions for croquette making and frying. Serve at once with salad or crisp, hot bacon.

SPAGHETTI CROQUETTES

1½ cups cold, boiled spaghetti
¾ cup milk
1 egg
1 tablespoon butter
2 tablespoons flour
¾ teaspoon salt
¼ teaspoon paprika
Dash pepper

Cook spaghetti in boiling, salted water twenty minutes, drain in colander, let cold water run over to keep shape. Place in refrigerator to chill, then cut in pieces. Melt butter, stir in flour until blended, add milk gradually, stirring until smooth and perfectly thick, add seasonings.

If desired, tablespoonful grated cheese may be added before removing from fire, leave only long enough to melt cheese. Remove from fire, add spaghetti, put back in refrigerator to chill and stiffen. When ready to cook, dip palms of hand in flour and shape mixture in croquettes, size of small egg. Dip in well-beaten egg, then in rolled bread or cracker crumbs. Fry in deep hot fat. Serve with tomato sauce.

WHITE-POTATO CROQUETTES

2 cups riced white potatoes
1¼ teaspoons melted butter
2 egg yolks
¾ teaspoon salt
Dash white pepper

Press hot boiled potatoes through ricer, measure required quantity. Add beaten egg yolks, salt, pepper, and melted butter. Mix well, shape in croquettes, let cool. Roll first in egg, then in finely-rolled bread crumbs. Fry golden brown in hot fat.

SWEET-POTATO CROQUETTES

2 cups mashed, cooked sweet potatoes
1 teaspoon salt
1 egg
2 tablespoons melted butter
1 tablespoon sugar
1 tablespoon flour

Boil potatoes in jackets, peel while hot, rub through ricer or sieve. Add salt, sugar, and butter. Sift in flour gradually, add well-beaten egg. Mix well.

Shape in croquettes, let cool, roll in crumbs. Fry quickly in deep, hot fat.

POTATO PUFF-BALLS

To each cup cooked, mashed white potatoes, add one well-beaten egg, two tablespoons milk, one tablespoon flour, one-half teaspoon baking powder, and pinch salt. Mix well, drop by tablespoonfuls in deep, hot fat, fry golden brown, dipping fat over while frying to make balls puff. Serve at once with fowl or meat.

RICE CROQUETTES WITH JELLY

½ cup rice
1 cup hot milk
½ teaspoon salt
1 cup cold water
2 egg yolks
1 tablespoon melted butter

Wash rice, cover with water, add salt, cook slowly until water is absorbed. Stir in milk lightly with a fork. Cover and let steam until rice is soft and milk absorbed. Remove from fire, stir in butter and beaten egg yolks at once. Mix well. Spread on platter, place in refrigerator to chill. Shape in croquettes, roll in beaten egg, then in crumbs. Fry in deep, hot fat. When serving, put a small spoonful red jelly on top of each croquette.

SWEET RICE CROQUETTES

To rice croquette mixture, add one-quarter cup confectioner's sugar. Shape in balls, roll in crumbs, then press the thumb a little into the top of each ball to make a depression. Dip in egg, then in crumbs again. Fry in deep, hot fat to golden brown. Drain. Put a bit of red jelly in each depression before serving.

OYSTER FRITTERS

1 pint oysters
1 cup milk
2 cups flour
2 eggs
1½ teaspoons baking powder
1 teaspoon salt

Chop oysters fine, drain, add eggs, then milk. Sift flour and baking powder together, add to other ingredients. Season with salt. Beat well. Fry quickly by spoonfuls in deep, hot fat, then drain.

BATTER FRITTERS

1 pint buttermilk
2⅔ cups flour
1 egg
½ teaspoon soda
1 teaspoon baking powder
¼ teaspoon salt

Beat egg in a bowl. Stir soda in buttermilk, add to beaten egg. Sift flour, baking powder and salt together, add gradually to egg mixture while stirring until smooth. Drop by tablespoonfuls in deep, hot fat, basting fat over fritters with a spoon to make them puff. Drain and serve at once with jelly sauce or other preferred sauce.

MARY'S FRITTERS

2 cups flour
¾ cup milk
1 tablespoon sugar
2 eggs
2 teaspoons baking powder
½ teaspoon salt

Beat eggs light, stir in milk and flour alternately. Add salt and sugar. Sift in baking powder with last flour. Drop by tablespoonfuls in deep, hot fat, basting with spoon until brown. Serve hot with fruit sauce, vanilla sauce, or other preferred sauce, or serve with cooked fruit.

APPLE FRITTERS

2 cups sifted flour
⅔ cup milk
3 teaspoons baking powder
2 large mellow apples
2 eggs
1 tablespoon sugar
½ teaspoon salt

Peel apples and cut in round slices. Beat eggs light, add salt and sugar. Add milk and flour alternately, mixing well. Add baking powder with last flour. Mix well.

Drop apple slices in batter, take each piece up separately with a fork after seeing that it is well covered.

Fry in deep, hot fat. Baste with spoon until brown. Remove from fat with a skimmer and drain.

PINEAPPLE FRITTERS

Make batter same as for apple fritters. Drain syrup from one can pineapple. Cut slices in half and drop in batter. Pick up each slice with a fork when covered with batter. Drop in deep, hot fat, fry same as apple fritters. Serve with any preferred sauce.

BANANA FRITTERS

Make batter same as for apple fritters. Cut bananas in round slices, drop in batter. Pick up two or three pieces together with a spoon when covered with batter.

Fry same as apple fritters. Sprinkle with confectioner's sugar or serve with preferred sauce.

WEDLOCKS

1 cup water
1 cup flour
5 eggs
½ cup butter
¼ teaspoon salt

Put water and butter together in skillet, let butter melt and water come to good boil; stir in flour continually until mixture leaves skillet clean. Remove from fire. Let cool slightly, then break in eggs separately, beating well between each addition. Mixture should be perfectly smooth. Drop from tip of spoon in deep, hot fat, basting with spoon while browning. Drain.

Serve with Caramel Sauce or any pudding sauce.

CLAM FRITTERS

1 pint clams
1⅓ cups flour (about)
4 tablespoons milk
⅛ teaspoon white pepper
2 eggs
2 teaspoons baking powder
¼ teaspoon salt

Drain clams from liquor, chop, not too fine. Drain again after chopping. Beat eggs light. Add milk gradually, sift in flour and baking powder together, mix well. Stir in clams and seasoning. Drop by spoonfuls in deep, hot fat, fry golden brown. Drain.

OLD-FASHIONED POTATO FRITTERS

1 packed cup riced cooked potatoes
½ cup flour
1 teaspoon salt
½ teaspoon baking powder

Scrub white potatoes thoroughly, boil in jackets in hot water, drain, dry and peel. Mash through ricer, measure required quantity. Add flour, baking powder and salt sifted together. Mix well. Roll in sheet about one inch thick on floured board, cut with small biscuit cutter. Drop in deep, hot fat, fry same as doughnuts. Drain well on brown paper.

BAKING POWDER DOUGHNUTS

2½ cups flour (about)
2 teaspoons baking powder
2 tablespoons melted butter
½ teaspoon salt
2 eggs
¼ cup rich milk
⅓ cup sugar
Dash nutmeg

Dissolve sugar in milk in mixing bowl, add melted butter, and well-beaten eggs. Sift in two cups flour, baking powder and salt together. Mix well to dough, add a little more flour. Sprinkle other half cup flour on biscuit board. Roll dough in sheet one-half inch thick. Cut with doughnut cutter. Fry in deep, hot fat, basting with spoon until nicely browned. Drain and sprinkle while warm with pulverized sugar.

YEAST DOUGHNUTS

¼ cake yeast
1 cup lukewarm milk
1 teaspoon salt
⅓ cup lukewarm water
2 eggs
1 cup sugar
½ cup butter
⅛ grated nutmeg (if desired)
Flour

Dissolve yeast in lukewarm water, add teaspoon sugar and flour enough to make batter to drop easily from spoon. Beat well. Put aside in warm place to rise well, three-quarters to one hour.

Cream butter and sugar together, add well-beaten eggs, salt, milk and nutmeg. Work in enough flour to make rather stiff dough. Put in warm place to rise, five to six hours or over night.

Toss on floured board, if too soft to handle, add a little more flour. Pat and roll one-half inch thick. Shape with doughnut cutter. Let rise on slightly floured board until light, about one hour. Fry in deep, hot fat. Drain and sprinkle with confectioner's sugar.

FILLED YEAST DOUGHNUTS

Make same as yeast doughnuts. Toss on floured board, pat and roll one-third inch thick. Cut in rounds with small biscuit cutter.

Place one-half teaspoon jelly or marmalade in the center of half the rounds, glaze edges with unbeaten egg white, then cover with plain rounds and press closely together.

Let rise on slightly-floured board one hour, or until light. Fry in deep, hot fat, basting often with spoon until nicely browned. Drain, and sprinkle with confectioner's sugar.

POTATO DOUGHNUTS

3 cups mashed white potatoes
1 cup sugar
3 cups flour
2 eggs
3 teaspoons baking powder
1 teaspoon butter
Salt

Boil potatoes, squeeze through ricer or sieve while hot, set aside to cool. Sift flour and baking powder together, rub in butter with tips of fingers. Add sugar, potatoes, salt, and well-beaten eggs. Mix well. Knead on floured board. Roll in sheet three-quarters inch thick. Cut with doughnut cutter. Fry quickly in deep, very hot fat. Drain and sprinkle with powdered sugar.

CRULLERS (SNOWBALLS)

2¼ cups flour (about)
2 teaspoons sugar
1 teaspoon lemon juice
2 teaspoons sweet cream
1 tablespoon butter
¼ teaspoon salt
3 egg yolks

Cream butter and sugar together, add well-beaten egg yolks and salt. Add cream and lemon juice. Work in sufficient flour to make stiff dough. Turn on slightly-floured board, roll in very thin sheet. Cut in pieces about three inches long and two inches wide. Make three parallel gashes crosswise in each piece, about one inch apart. Take up pieces with a fork and lower in deep, hot fat, basting with a spoon while browning lightly. Drain and sprinkle while hot with confectioner's sugar and a few drops of lemon juice. Fry only one or two crullers at a time.

ROSETTES (SWEDISH WAFERS)

2 eggs
3 teaspoons sugar
2 teaspoons lemon juice
2¼ cups sifted flour (about)
¼ teaspoon salt

Beat eggs light, add sugar, salt, and lemon juice. Sift in flour gradually, stirring until batter is perfectly smooth. Heat fat very hot in a small, deep saucepan. Heat rosette iron in smoking hot fat. Dip iron in bowl of batter, being careful not to let batter come over top of iron or rosette will not slip off easily.

Immerse iron with batter in hot fat until rosette is crisp and brown, then slip off carefully. Wipe iron occasionally to remove excess fat.

Sprinkle rosettes with powdered sugar. Serve with cooked fruit, salad or with chocolate, or put two wafers together with filling of chicken salad, jam or whipped cream.

TIMBALE CUP BATTER

1 egg
⅔ cup milk
1 scant cup flour
1 teaspoon sugar
½ teaspoon salt
1½ teaspoons melted shortening or olive oil

Sift dry ingredients together, add milk gradually while stirring. Add slightly-beaten egg, then shortening. Beat well. Batter should be perfectly smooth and consistency of waffle batter.

TO HEAT TIMBALE IRON

Immerse the iron in boiling water long enough to heat thoroughly, then remove from water, dry thoroughly with clean towel and immerse in hot fat, having fat deep enough to cover iron.

TO COOK TIMBALE CUPS

Have a pint cup or deep can three-quarters full of very hot fat. Immerse iron in fat to heat. Turn timbale batter in a very large cup. Lower hot iron into cup, being careful that batter covers only three-quarters its depth. Immerse at once in smoking hot fat. The mixture should rise to top of iron. Let remain in fat just long enough to fry cup crisp and delicate brown. If too much batter has been used it will rise over the top of iron, this will have to be cut around with a sharp knife close to the top before timbale cup can be removed. Slip cup off iron on a clean towel. Iron should be kept immersed in hot fat when not in use.

If cases are not crisp, batter is too thick, dilute with a little milk.

CHRIMSLES

1 cup sifted matzos meal
1¼ cups boiling water or soup stock
½ teaspoon salt
2 tablespoons homemade wine
3 eggs
¼ cup ground almonds
3 teaspoons sugar
1 teaspoon baking powder

Put matzos meal in bowl, pour boiling water or soup stock over to scald. Mix well. Add wine (if wine is not convenient, an extra egg may be substituted). Add salt, almonds and sugar, add well-

beaten egg yolks. When well mixed, add baking powder. Fold in stiffly-beaten egg whites.

Fry by tablespoonfuls in deep, hot goose grease or other fat. Serve hot with cooked prunes, lemon or wine sauce or fresh strawberries. If batter is left standing, it will thicken and more liquid will be required.

FILLED CHRIMSLES

3 matzos
3 eggs
½ cup matzos meal
1 teaspoon baking powder
2 teaspoons sugar
1 teaspoon salt

Soak matzos in cold water until soft, about fifteen minutes, squeeze perfectly dry. Put in bowl, add eggs well-beaten, add salt, sugar, meal and baking powder. Mix well. Make a filling of following:

½ cup ground almonds
⅓ cup sugar
1 egg
¾ cup seedless raisins
¾ teaspoon cinnamon

Mix all ingredients together.

Take off a piece matzos mixture, put it in palm of hand, place a spoonful fruit mixture in the center, then cover with another piece of matzos. The chrimsles may be left square or oval. Close tightly to keep filling in. Roll lightly in matzos meal, then fry in deep, hot fat. Makes nine or ten chrimsles. Serve hot with cooked prunes or with wine or lemon sauce.

CHAPTER XXXVI

EGGS

(Egg Dishes)

Egg dishes contain highly concentrated protein and are therefore a meat substitute. Many physicians object to patients indulging freely in eggs. However, if eaten in moderation, eggs form a delightful variation from the every-day diet, especially when fruit or vegetables are served at the same meal.

To Test Eggs for Freshness.—Shake the egg, if the contents rattle the egg is not fresh. *To Test by Candling.*—Hold the egg over a candle flame, if the inside shows up clear and spotless to the eye, the egg is fresh. Eggs should be kept in a refrigerator or cool place.

Packing Eggs.—Pack eggs in a bucket or box of dry salt, putting small end downward, being careful not to let them touch each other.

PRESERVING EGGS

10 qts. water 1 lb. water glass

Boil water, then cool. Add water glass and mix perfectly by beating or stirring together. Use in above proportion. Pack eggs in rows in stone jars or crocks, cover with the liquid, place a plate on top to keep eggs from floating. Cover jar and keep in cool place. Fresh eggs may be added from time to time when removing others, but all must be covered with the liquid. Water glass may be purchased from a druggist.

BOILED EGGS

Have ready a saucepan of boiling water, carefully put in required number of eggs with a spoon so as not to crack them. See that all eggs are covered with water. Boil two and a half minutes for soft-boiled, three minutes for medium, and eighteen to twenty minutes for hard-boiled. Or put eggs in cold water, heat gradually to boiling point and remove at once if wanted soft, leave two minutes longer for medium, and twelve minutes for hard-boiled.

To remove shell from hard-boiled eggs when using for other dishes, plunge them in cold water as soon as taken from hot water. This will prevent discoloration of yolks.

CODDLED EGGS

Have ready a saucepan of boiling water, put in eggs carefully with a spoon and be sure water covers eggs thoroughly. Remove saucepan to back of range where water will not boil. Let stand eight to ten minutes for soft-boiled, and thirty-five minutes for hard-boiled. Eggs cooked in this manner are more easily digested than when boiled and are recommended for children and invalids.

POACHED EGGS

Fill a frying pan two-thirds full with slightly salted, boiling water. If one tablespoon lemon juice or vinegar is added to water, it will prevent eggs from breaking easily. Break eggs separately in a saucer and slip carefully into water. Do not let water boil hard, dip it over eggs with a spoon. When there is a film over the yolk, and the white is firm, eggs are done.

Remove carefully from water with a buttered skimmer and place on rounds of buttered toast. Sprinkle lightly with salt and drop a small piece butter in center of yolks. Eggs may be poached in an egg poacher which comes for the purpose.

POACHED EGGS IN MILK

4 eggs
1 tablespoon flour
1 tablespoon butter
1 cup milk
¼ teaspoon salt
4 slices fresh toast
Dash pepper

Toast bread evenly on both sides. Put milk in saucepan (not too broad) when it comes to boil, drop in eggs one by one carefully from a saucer so as not to break yolks.

When eggs are firm, remove from water with skimmer and place on toast. Add butter quickly to hot milk. Dissolve flour smooth in a little cold milk, stir into hot milk until thickened. Season with salt and pepper and pour quickly over eggs and toast. Serve at once.

STEAM-POACHED EGGS

If you have no steam poacher for this purpose, heat a little butter in a frying pan or skillet (not quite as much as for frying eggs). Slip eggs from a saucer into hot pan. Sprinkle with a little salt and pepper, then pour a cup of boiling water over eggs. Cover vessel quickly with a tight cover and let steam three to five minutes, according to degree of firmness desired.

POACHED EGGS WITH SAUCE BERNAISE

Have water boiling, but not rapidly, in broad, flat saucepan or fryer, or a regular egg poacher may be set in bottom of pan. Add a little salt, open each egg separately in saucer, then slide into boiling water. Let cook until whites are set and yolks slightly firm, then remove carefully with skimmer to a flat platter, being careful that there is no water left in platter.

Put a spoonful Sauce Bernaise (page 162) over each egg before serving. Garnish with crisp parsley. These eggs may be served hot or cold, but, if served cold, should be poached perfectly firm.

SHIRRED EGGS

Melt a small piece of butter in a baking dish large enough to hold desired number of eggs without crowding, or use individual dishes. Break whole eggs in carefully so as not to break yolks. Sprinkle with a little salt, add one-half teaspoonful cream for each egg.

Put in hot oven just long enough to set eggs. Serve at once. Grated yellow cheese may be sprinkled over eggs before putting in oven if desired.

SCRAMBLED EGGS

5 eggs
¼ cup cold water or milk
¼ teaspoon salt
2 tablespoons butter

Beat eggs slightly with a fork, add salt and water or milk. Heat fryer, put in butter; when melted, pour in egg mixture. Cook until mixture is creamy or stiffer if desired, stirring and scraping often from bottom of pan.

FRIED EGGS

Melt a spoonful or two of butter in a hot frying pan or skillet. Heat without browning. Slip in eggs carefully so that they remain whole. Cook until whites are firm to the degree desired. Eggs may be turned once, if desired, while cooking.

EGGS WITH HAM

Cut slices of raw ham, about one-eighth inch thick. Place in hot skillet, brown nicely on one side, then on other. Remove to hot platter, then pour two spoonfuls hot water in skillet, stir while cooking two minutes, pour gravy over ham in platter. Heat a little butter in hot skillet without browning, slip eggs in carefully so as not to break yolks, cook long enough to set whites. Place eggs on top of ham and serve at once. If preferred, eggs may be turned once while cooking.

EGGS AND SAUSAGE

Use cooked sausage. Peel and slice in thin strips. Heat a spoonful butter in hot skillet, put in sausage, let simmer two or three minutes. Beat eggs slightly, add a spoonful cold water and a little salt. Pour over sausage, stir slightly until set. Serve at once.

SCRAMBLED EGGS WITH BRAINS

1 set brains
2 tablespoons butter
4 eggs
¼ teaspoon salt
Dash pepper

Clean brains, pour boiling water over, let stand ten minutes. Drain. Heat butter in skillet, add brains, chop with side of spoon while cooking ten minutes, then pour in eggs that have been slightly beaten and seasoned with salt and pepper. Stir as for scrambled eggs.

SCRAMBLED EGGS WITH DRIED BEEF

½ lb. sliced, dried beef
1 tablespoon butter
4 eggs

Pour boiling water over beef; drain, and tear in pieces. Heat butter in hot skillet, put in beef, let cook three minutes. Pour slightly-beaten eggs over and stir lightly as for scrambled eggs.

SCALLOPED EGGS

Place alternate layers of stale bread crumbs and slices of hard-boiled eggs in an earthen or pyrex baking dish; dot each layer liberally with butter, sprinkle lightly with salt and pepper. Pour sufficient cream over to moisten well. Sprinkle crumbs and bits of butter over top. Bake fifteen to twenty minutes in moderate oven. Serve hot.

EGGS A LA BUCKINGHAM

Scramble eggs very soft. Pour over slices of freshly-toasted bread. Sprinkle with grated cheese. Place in oven or under small gas flame to melt cheese and finish cooking eggs. Serve at once.

OMELETS

Use large eggs for omelets, allowing one egg for each person, and usually one tablespoon liquid for each egg. An omelet pan is best in which to cook omelets, but a frying pan may be used.

To Fold and Turn an Omelet.—Hold omelet pan by the handle with the left hand. With a thin knife blade, make a slight incision

in center of omelet at right angle to handle. Place knife under omelet near the handle, tip the pan almost to vertical position and with the help of the knife the omelet may be folded and turned without breaking.

PLAIN OMELET

4 eggs
½ teaspoon salt
4 tablespoons hot water
1 tablespoon butter

Separate eggs. Beat yolks thick and lemon colored, add salt and hot water. Beat whites very stiff and dry, then fold into yolks, mixing well. Heat omelet pan or fryer, butter sides and bottom, turn in egg mixture and spread evenly. Cook slowly, raising the edges from time to time with a spatula or thin knife blade so that mixture will run underneath to cook. When well puffed and delicately browned underneath, fold over carefully in pan and cook a few minutes longer. The omelet is done if it is firm to the touch.

If omelet pan is used, do not fold over but turn the pan over when omelet is cooked on one side, and cook on other side. Be sure that omelet pan is well greased on both sides.

PUFF OMELET

6 eggs
1 rounding tablespoon butter
4 tablespoons warm water
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon baking powder

Break eggs in bowl; add salt, pepper and water; add baking powder and beat just enough to break eggs and mix ingredients. Put butter in fryer or omelet pan. When melted and hot, turn in egg mixture. As soon as mixture sizzles, loosen omelet from sides of pan with a knife or spatula so that mixture will run under and cook.

When cooked on the bottom and still soft on top, slip spatula under one half of omelet and fold over. Slip into hot dish, garnish with crisp parsley or watercress.

May be made into two omelets instead of one large one if preferred.

FRENCH OMELET

4 eggs
½ teaspoon salt
3 tablespoons warm water or milk
2 teaspoons butter

Separate egg yolks and whites. Beat yolks light; add salt, water or milk. Beat whites very stiff, fold and cut carefully into yolks. Put butter in hot frying pan; when melted, turn in egg mixture. Cook slowly, raising the edges from time to time with a thin knife

blade or spatula. When puffed and delicately browned on bottom, put pan in oven or under a small gas flame to cook top.

When firm to the touch, remove from oven and slip into hot platter. Sprinkle top with confectioner's sugar, then scar four diagonal stripes, one inch apart, across top of omelet with a red-hot poker.

CHEESE OMELET

Follow directions for making plain omelet; add one tablespoon grated yellow cheese to yolks before folding in stiff whites.

Sprinkle a little grated cheese over cooked omelet just before folding and removing from pan.

JELLY OMELET

Follow directions for making plain omelet; add one teaspoon sugar to yolks. When omelet is set, spread with soft jelly or marmalade before folding and removing from pan. Sprinkle top with confectioner's sugar and serve at once.

VEGETABLE OMELET

Prepare and cook a plain omelet. Before folding over, add any left-over vegetables, cooked peas, asparagus, etc. Season vegetables and heat in a little butter before putting in omelet. Vegetables may be blended with a little white sauce before putting in omelet if preferred.

ASPARAGUS OMELET

Plain omelet
½ can asparagus tips
½ cup Thick White Sauce (page 159)

Drain asparagus, add well-seasoned white sauce. Prepare and cook a plain omelet; when set, cover half the omelet with asparagus mixture, fold as usual. Turn carefully on platter and pour balance of asparagus mixture over omelet. Serve at once.

FRESH MUSHROOM OMELET

10 medium size fresh mushrooms
1 tablespoon butter
1 tablespoon flour
3 tablespoons milk
3 eggs
2 teaspoons butter
Salt, pepper

Scrape, wash, drain and dry mushrooms, cut in half. Melt one tablespoon butter in saucepan, stir in flour until blended, add milk, stir until mixed and thickened, then add mushrooms, season with salt and pepper. Cover and let simmer slowly ten minutes.

Break eggs in bowl; add salt and pepper to season, beat well. Melt two teaspoons butter in hot frying pan; when it sizzles, pour in eggs, stir with a fork for half a minute, let rest one minute or until eggs begin to set. Pour hot mushroom mixture on half the omelet, fold over other half as usual. Slip at once to hot platter and serve.

CRAB OMELET

1 cup cut, fresh crab meat
1 cup Thick White Sauce (page 159)
3 drops Worcestershire
Plain omelet

Add crab meat to white sauce; add Worcestershire, salt and pepper if necessary, to season well.

Make a plain omelet; when set, pour half crab mixture on half the omelet, fold over as usual. Slip at once to hot platter. Pour balance of crab mixture around omelet.

OMELET COQUETTE

¼ lb. fresh mushrooms
1 small boiled lobster, or ½ lb. cooked shrimp
⅓ lb. scallops
¼ lb. fresh crab meat
3 tablespoons butter
2 tablespoons flour
1 tablespoon lemon juice
½ tablespoon minced onion
1 cup milk
Puff omelet
Salt and pepper

Pick meat from lobster or shrimp in large pieces. Cut scallops in half if large. Pick over crab meat carefully to remove shell. Cook mushrooms in boiling water five minutes; drain, peel caps, cut in half if large. Scald scallops.

Melt butter in saucepan, add onion, then flour, stir until yellow. Add mushrooms and fish food; stir lightly occasionally, while cooking fifteen minutes. Stir in milk carefully. Set saucepan in another of boiling water, stir until beginning to thicken, then add lemon juice and season well with salt and pepper. Cook until thick. Keep hot while making a puff omelet.

When omelet is puffed and delicately browned on bottom, put pan on rack in oven or under small gas flame and brown top delicately. Turn on hot serving platter and pour sea-food mixture over.

Nice for Sunday evening or guest supper. For small family, use half ingredients for sauce and omelet.

HAM OMELET

Make a plain omelet, add two tablespoons minced ham and one teaspoon minced parsley. Cook as usual.

SPANISH OMELET

2 tablespoons butter
1 tablespoon finely-chopped onion
1 tiniest piece very finely-chopped garlic
1 tablespoon finely-chopped olives
½ tablespoon finely-chopped green pepper
1 tablespoon flour
1¼ cups canned tomatoes
1 tablespoon cut mushrooms
½ teaspoon salt
1 teaspoon sugar
¼ cup tiny canned peas (if desired)

Melt butter in frying pan, add onion and garlic, stir a moment; add flour, green pepper and olives, stir until yellow. Add tomatoes, mushrooms, peas if desired, and seasonings. Cook, stirring lightly occasionally, until almost, but not quite, dry.

Make omelet as follows:

Beat four whole eggs slightly; add one-quarter teaspoon salt. Put one tablespoon butter in hot frying pan; when melted, pour in egg mixture, raise sides a few minutes to let mixture run to bottom of pan. When very little soft part remains, put a spoonful cooked tomato mixture in center of omelet and fold over as usual. Slip to a hot platter. Pour balance of hot sauce over and around omelet.

OMELET SOUFFLE WITH TOMATO SAUCE

6 eggs
1 cup cold water
½ cup flour
¾ teaspoon salt
½ teaspoon baking powder
1½ teaspoons butter
Quick Tomato Sauce (page 160)

Beat egg yolks light and spongy. Sift in gradually flour, baking powder and salt together. Mix well. Add water. Fold in stiffly-beaten whites. Put butter in medium size biscuit pan, run in hot oven until pan is hot and butter melted. Pour in egg mixture, return to hot oven and bake quickly until "set" and golden brown, about fifteen to twenty minutes. Remove pan from oven, roll omelet quickly before removing from pan.

Pour tomato sauce around omelet and serve at once.

EGGS IN BLANKETS

6 hard-boiled eggs
6 thin strips breakfast bacon
1 raw egg
1 cup fine bread crumbs
2 tablespoons melted butter
Quick Tomato Sauce (page 160)
Pinch mustard
Salt, pepper

Boil eggs hard, drain, cover with cold water. When cold, remove shells and slice in half lengthwise, carefully. Remove yolks so as not to break white case. Mash yolks through fine sieve or ricer; add butter, mustard, salt and pepper to season well. Fill white cases with

mixture. Put each two halves together, then wrap a broad strip bacon around each egg, fasten securely with a toothpick.

Dip eggs in beaten raw egg, roll in seasoned bread crumbs until covered. Fry quickly and crisply in deep hot fat. Serve on hot platter with quick tomato sauce.

EGG AND MUSHROOMS A LA KING

4 hard-boiled eggs (diced)
¼ lb. cut fresh mushrooms
¼ cup butter
2 tablespoons butter
¼ cup flour
6 toast slices
2 cups milk
1 teaspoon salt
1 teaspoon finely-chopped onion
¼ cup chopped green pepper
1 tablespoon chopped pimento
Dash cayenne

Melt one-quarter cup butter, stir in flour until blended, add milk, stir until smooth. Put in double boiler. Melt two tablespoons butter in frying pan, add onion, stir until light yellow, add mushrooms, cook carefully ten minutes. Add to thickened sauce. Add eggs, green pepper, pimento and seasoning. Cook ten minutes. Serve on hot toast.

EGG A LA CREME

6 hard-boiled eggs
3 tablespoons grated yellow cheese
1½ cups thick white sauce
Butter
Rolled bread crumbs

Slice eggs in quarters lengthwise, place four quarters upright in each ramekin. Add cheese to hot white sauce, let melt. Pour sauce over eggs to fill ramekins two-thirds full. Cover tops with bread crumbs and bits of butter. Bake in hot oven just long enough to brown tops nicely. Nice for supper.

EGGS AU GRATIN

½ cup bread crumbs
1 cup milk or cream
6 eggs
2 tablespoons grated cheese
1 tablespoon butter
Salt and pepper

Spread crumbs in bottom of earthen baking dish, sprinkle with a little salt and pepper and bits of butter. Break eggs over crumbs, being careful not to break yolks. Sprinkle grated cheese over eggs. Pour milk over all. Bake in moderate oven until eggs are well set, and top delicately browned. Serve at once. Nice for supper.

Eggs may be prepared in individual dishes if preferred.

EGGS IN NEST

Separate whites and yolks of eggs. Leave each yolk in separate saucer. Add a little salt to whites, beat very stiff and dry. Have ready as many slices buttered fresh toast as there are eggs. Cover each piece of toast with stiffly-beaten white, make a hollow in exact center with back of a spoon, and slip one whole yolk in each cavity. Sprinkle with a little salt and drop a bit of butter on top of yolk. Place covered toast carefully on baking tin, bake in oven just long enough to set yolk and brown white delicately. Nice for invalid.

BUNNY NEST

5 hard-boiled eggs
5 round buns
1 cup Medium White Sauce (page 159)

Cut a slice from top of buns, remove most of centers, leaving a thick wall. Separate whites and yolks of eggs, being careful to leave yolks whole. Chop whites fine, add to hot white sauce. Butter inside of tops and shells of buns with soft butter, then toast golden brown in hot oven. Keep hot. Add yolks to sauce long enough to heat well, then fill buns with sauce, being careful to place one whole yolk in center of each bun. Place tops of buns on side of plate when serving.

CREOLE EGGS

Boil hard as many eggs as required. Cover with cold water, remove shells. Leave whole or cut in half lengthwise. When ready to serve, place eggs on platter and pour over following:

Sauce

1½ cups strained canned tomatoes
2 tablespoons butter
2 tablespoons flour
1 hard-boiled egg (chopped)
1 small green pepper (chopped)
6 stuffed olives (chopped)
1 teaspoon finely-chopped onion
1 teaspoon sugar
¾ teaspoon salt
¼ teaspoon paprika
Dash pepper
Tiny dash cayenne

Melt butter, stir in flour until bubbly, add strained tomato gradually, stirring until smooth. Add other ingredients, season highly with salt, pepper and cayenne. Cook ten minutes.

EGGS ENGLISH FASHION

Select medium-size, firm, ripe tomatoes; wash well, dry, then cut a slice from stem end of each. Scoop out centers carefully, leaving a thick shell. Sprinkle inside with a little salt. Cover bottom of shells with a tablespoon finely-crushed, crisp, cooked breakfast bacon.

Break a raw egg over bacon. Sprinkle with a little salt and pepper, drop half a teaspoon butter on top. Place filled tomatoes in buttered baking pan, bake in hot oven until eggs are set.

Serve with Tomato Sauce made with the scooped-out tomato pulp, or with canned tomatoes.

EGGS A LA BRUNSWICK

To a saucepan of boiling water add one teaspoon salt. Drop in carefully as many fresh eggs as pan will hold without crowding. Be careful to use only eggs that open whole. Cook eggs until firm, but not hard. Remove carefully to individual ramekins. Cover with Hollandaise Sauce (page 165) and place in refrigerator to chill. Nice for supper.

PIEDMONT EGGS

Poach firm, but not too hard, as many eggs as required. Place in refrigerator to chill. When ready to serve, toast as many slices sandwich bread as eggs, toasting only one side. Butter untoasted side of bread quickly with soft butter, lay a large, thick slice of ripe tomato on top. Place a cold, poached egg carefully on each tomato slice. Top whole with mayonnaise. Garnish with sprigs of crisp parsley and serve at once while toast is hot.

SWISS EGGS

2 large slices white bread
3 tablespoons cream
2 rounding tablespoons butter
6 eggs
Pinch salt

Cut bread in small cubes. Put butter in hot fryer; when melted, add bread cubes, stir until nicely browned and crisp. Beat eggs light, add salt and cream, mix well, then pour over bread cubes in fryer; stir lightly until eggs are like soft scrambled. Serve at once.

DEVILED EGGS

6 hard-boiled eggs
½ teaspoon prepared mustard
2 tablespoons ground, boiled ham (chicken or deviled ham)
2 tablespoons melted butter
Salt and pepper

Boil eggs hard. When cold, remove shells and cut carefully in half lengthwise. Remove yolks and put white cases aside. Rub yolks smooth and creamy with balance of ingredients. Fill white cases with mixture. Chill and serve on crisp lettuce.

EGGS STUFFED WITH CHEESE

6 hard-boiled eggs
¼ cup grated yellow cheese
Mayonnaise to soften
Salt, pepper and paprika

Remove shells from cold, hard-boiled eggs. Cut carefully in half lengthwise. Remove yolks, mash smooth and creamy with cheese, adding sufficient thick mayonnaise to moisten (not too soft). Season with salt, pepper and paprika to taste. Fill white cases with mixture, insert a tiny sprig parsley in center. Chill and serve on bed of lettuce.

EGG GOLDENROD

1 cup milk
6 hard-boiled eggs
1½ tablespoons flour
1½ tablespoons butter
2 tablespoons grated cheese
6 slices freshly-toasted bread
Salt and pepper

Melt butter in saucepan, stir in flour until blended; add milk gradually, stirring until smooth and thickened. Separate whites and yolks of eggs. Cut whites in cubes, add to thickened sauce, add grated cheese, stir until melted.

Pour sauce over toast, then press egg yolks through ricer or sieve, sprinkling it lightly on top. Garnish with crisp parsley. Serve at once.

FLORENTINE EGGS (WITH SPINACH)

2 cups cooked spinach
6 eggs
1 cup Cream Sauce (page 159)
1 teaspoon lemon juice

Cook spinach in own juice as usual. Drain, chop very fine and season well with salt and pepper. Spread in bottom of buttered pyrex or earthen baking dish. Cover with cream sauce, sprinkle with lemon juice, then drop eggs carefully over sauce. Sprinkle with a little salt and pepper. Place in moderate oven, or under small gas flame until eggs are set. Serve at once. Nice for luncheon.

INDIVIDUAL FLORENTINE EGGS (WITH SPINACH)

1½ cups cooked spinach
¼ cup grated cheese
4 eggs
⅓ cup cream sauce
Butter
Salt and pepper

Prepare and cook spinach as usual. Drain, chop fine and season well with salt, pepper and a little butter. Eight minutes before serving, press cooked spinach in individual ramekins half the depth of ramekins. Cover spinach with a teaspoon cream sauce, then drop a whole egg on top of sauce. Sprinkle with a little salt and cover with grated cheese. Bake in moderate oven long enough to let egg set and melt and brown cheese lightly. Nice for luncheon.

CHAPTER XXXVII

CEREALS

CEREAL FOODS AND PREPARATION

As cereals contain more or less starch, care should be taken to cook them thoroughly, even though the directions on most cereal packages say to cook a very short time. Thorough cooking makes the cereal more easily digested, with the possible exception of rice, which requires short cooking.

Cereal foods are used extensively on most breakfast tables, the reason, no doubt, being that the grains contain unusually good proportions of the necessary food ingredients. Served with good cream or milk, they are palatable as well as nourishing.

The majority of cereal breakfast foods are included in three groups. *First,* those which are prepared by simply grinding the grain. *Second.* those that have been steamed or partially cooked and then ground or rolled; and *third,* those preparations which have been acted upon by malt, which induces a greater or less chemical change in the starch present.

OATS and WHEAT are the most important breakfast cereals.

All things considered, the cereal breakfast foods are nutritious, convenient, and reasonably economical, and worthy of an important place in the diet when combined with other foods.

BREAKFAST CEREAL FRUIT

1 cup seedless raisins
½ cup cold water
1 teaspoon cornstarch
1 tablespoon cold water
Pinch salt

Pick over, then wash raisins thoroughly. Add one-half cup water, boil fifteen minutes. Dissolve cornstarch in tablespoon water, add to raisins. Continue cooking five minutes longer. Add salt. Stir lightly so as not to break raisins. Serve one tablespoonful fruit over each portion oatmeal or other breakfast cereal. Serve with cream if desired.

FARINA

3 cups water
½ cup farina
1 teaspoon salt

Let water come to good boil, add salt. While boiling, stir in farina gradually, cooking until well incorporated. Place in double boiler, let cook, stirring occasionally, one hour. Half milk and half water may be used if preferred, or all milk may be used instead of water. If cereal is too thick, thin with a little hot milk before removing from fire.

FARINA GRUEL

2½ tablespoons farina
¼ teaspoon salt
1 cup boiling water
1 cup boiling milk

Let water come to boil, add salt. When boiling hard, stir in farina; continue stirring ten minutes, then place in double boiler. Let cook forty-five minutes, stirring occasionally. Stir in hot milk gradually. When thoroughly blended and of desired consistency, gruel is ready to serve. Gruel is always served thin.

CREAM OF WHEAT

1½ cups milk
1½ cups water.
½ cup cream of wheat
1 teaspoon salt

Mix milk and water, let come to good boil, add salt. While boiling, stir in cream of wheat gradually, continuing to stir until well incorporated, then set saucepan in another of hot water, cook three-quarters to one hour. If preferred, all water may be used instead of milk. If cereal gets too thick, add a little hot milk before removing from fire. Serve with butter and cream and sugar if desired.

OATFLAKES OR ROLLED OATS

1 qt. water
1 teaspoon salt
1 packed cup oat flakes or rolled oats

Let water come to boil, add salt. While boiling hard, stir in flakes. Cook until water is almost absorbed, stirring frequently, then set saucepan in another of boiling water. Stir occasionally while cooking slowly two or three hours. Cereal will be consistency of jelly when done and is very palatable. May be cooked, kept in refrigerator over night and reheated for breakfast. Serve with cream and sugar, or with breakfast cereal fruit.

BOILED GRITS OR HOMINY

Wash and clean one cup grits or fine hominy. Add one teaspoon salt and three cups boiling water. Cook slowly two hours, stirring often, or cook in double boiler. It may be necessary to add more boiling water while cooking. If cereal gets too thick, it may be

thinned with milk instead of water. Serve with cream and butter, or with gravy.

COARSE HOMINY

Cover hominy well with cold water, add salt to taste. Cook slowly four to five hours, stirring occasionally. Serve hot with fresh butter and cream if desired.

CORNMEAL MUSH

1 cup cornmeal
2 teaspoons salt
1 qt. boiling water
1 tablespoon butter

Add salt to water, let come to hard boil, sift in cornmeal gradually, stirring constantly until smooth and consistency of cream. Add butter, set in another boiler of hot water, let simmer slowly thirty minutes to one hour longer, stirring often. All milk, or half milk and half water may be used in making gruel instead of all water. Serve with breakfast cereal fruit or cream and sugar.

CORNSTARCH PAP

3 cups milk
½ cup cornstarch
1 teaspoon salt
2 teaspoons sugar

Scald milk in double boiler; when bubbling, stir in cornstarch that has been rubbed smooth in a little cold milk or water. Add salt and sugar, stir until smooth and thick as cream. Let simmer slowly in double boiler thirty minutes, stirring occasionally. Serve with cinnamon and sugar sprinkled over, and cream if desired.

FLOUR BALL FOR PAP

Tie one pound white flour securely in a stout cloth, then drop in boiling water; boil constantly six hours. Remove ball from cloth, scrape off soft outer doughy part and put aside the dry ball for future use. The ball will grate to powder when needed.

To Make Pap.—Grate one tablespoonful of the ball, mix with one tablespoon milk to smooth paste, add another tablespoon milk, rubbing until creamy. Heat one cup milk to good boil, stir in flour paste, reduce heat, and cook fifteen minutes while stirring constantly.

This pap is used for babies and invalids.

ARROWROOT

1 cup milk
2 teaspoons arrowroot
1 teaspoon sugar
Pinch salt

Scald milk. Dissolve arrowroot in sufficient cold milk to make smooth, add to boiling milk, stir until thickened. Add salt and sugar. Serve with or without cream. Nice for children and invalids.

BOILED RICE

1 cup rice
2 teaspoons salt
1 pt. boiling water

Pick over and wash rice, add gradually to boiling water. Boil slowly and steadily twenty to thirty minutes. Drain in colander, pour cold water over, drain and return to boiler. Cover and let stand on back of range to dry. Each kernel should be distinct. Stir occasionally with a long fork while drying. Brown rice is prepared same as white rice, but requires longer cooking.

SOUTH CAROLINA RICE

Pick and wash thoroughly one cup best white rice. Put in saucepan, cover with cold water, add one-half teaspoon salt. Boil thirty minutes. By this time, all the water should be absorbed. Empty rice in colander, hold under cold water faucet and while water is running over, stir thoroughly with a spoon so that all starch is washed from it. Set colander containing rice over a boiler of boiling water, being careful not to allow rice to touch water. Add one-half teaspoon salt. Cover with lid and steam at least one hour. The rice should be white and each kernel distinct.

RICE COOKED WITH MILK

There are two methods of cooking rice in milk.

Method 1.—Prepare the rice and cook same as South Carolina rice. When done, add sufficient milk to cover, cook slowly until most of milk is absorbed. Just before removing from fire, stir in the yolk of one well-beaten egg. Serve sprinkled with sugar and cinnamon. May also be served without adding egg yolk.

Method 2.—Wash required quantity rice thoroughly. Drain. Scald one pint milk for each one-half cup rice. Stir rice in hot milk, put in double boiler, add salt to taste. Cook one hour or longer, until rice is soft. More milk may be added if too much is absorbed in cooking.

BAKED RICE

Wash clean one-half cup rice. Put in saucepan, cover with cold water, add one-quarter teaspoon salt, boil twenty minutes. Drain. Cover again with hot water, set on back of oven to steam until soft.

When done, stir in one beaten egg, one teaspoon butter, pinch salt and one cup milk. Bake in buttered baking dish in moderate oven until brown on top (about twenty minutes).

Cold or left-over rice may be used instead of freshly cooked.

BAKED RICE WITH CHEESE

2 cups cold boiled rice
1¼ cups milk
⅓ lb. yellow cheese
2 tablespoons butter
2 tablespoons flour
2 tablespoons bread crumbs
Salt, pepper, paprika

Melt butter in saucepan (do not brown). Stir in flour until bubbly, stir in milk gradually until sauce is smooth and thickened. Add cheese cut in very thin strips, stir until melted. Season with salt, pepper and paprika to taste. Mix in rice. Put in greased baking dish, sprinkle with crumbs and bits of butter. Bake in moderate oven until nicely browned on top, about twenty minutes.

RICE WITH RAISINS

1 cup rice
½ teaspoon salt
½ cup seedless raisins

Wash and put rice on to boil as usual. As soon as water is boiling, add raisins and salt. Continue cooking until rice is soft. It should not be too moist. Serve hot, with or without cream.

RICE WITH APPLES

1 cup rice
⅔ cup sugar
½ cup water
3 sound, hard apples
1 tablespoon lemon juice

Boil rice as usual. Pare apples, cut in quarters, remove cores. Cook sugar, water and lemon juice eight minutes, or until slightly syrupy. Add apple slices, cook slowly, turning occasionally until tender and syrupy.

When ready to serve, place rice in mound in center of hot dish, arrange apple slices around rice. If there is any syrup, pour it over rice

RICE CAKES

2 cups cold, boiled rice
½ cup flour
½ cup milk
1 tablespoon syrup
1 egg
2 teaspoons baking powder
½ teaspoon salt

Mash rice thoroughly, stir in milk, add well-beaten egg, syrup and salt. Add flour and baking powder sifted together.

Fry on hot griddle by spoonfuls, same as griddle cakes, using a little more grease for frying.

Drop bits of red jelly in center of each cake if served with meat.

RICE TIMBALES OR CUPS

2 cups cooked rice
3 tablespoons melted butter

Boil rice as usual; drain, add butter, let cool. Press in buttered timbale cups until molds are full. Set molds in pan of hot water on back of range at least one hour. Unmold and serve around fowl or meat as garnishment. Insert a tiny sprig of parsley in center of each cup. Rice may be turned from cups, brushed with melted butter and browned in oven if preferred.

RICE RING

2 cups rice
2 teaspoons salt
3 pints cold water

Pick over and wash rice thoroughly. Cover with water, add salt. Cook thirty minutes, until grains are soft and tender. Turn in colander, let cold water run through. Drain well and pack in buttered ring mold.

Set mold in pan of hot water; let stand, covered, on back of range forty minutes, or bake in moderate oven in pan of hot water twenty minutes. Do not let rice brown. When ready to serve, loosen edges with a knife, turn carefully on hot platter and serve with creamed mushrooms, green peas, or fricasseed shrimp or chicken in center.

BAKED RICE CROQUETTES

1½ cups cold, cooked rice.
1 cup thick cream sauce
1 egg
1 teaspoon sugar
1 teaspoon salt
Crumbs

Add rice, salt and sugar to cream sauce. Mix well. Put in refrigerator to chill. Shape in croquettes, dip in beaten egg, roll in bread or cracker crumbs. Place in greased biscuit pan, brush with melted butter. Bake in hot oven until nicely browned. Serve with a teaspoon red jelly on top.

SPANISH RICE

1½ cups boiled rice
1 cup canned tomatoes
⅛ teaspoon paprika
1 small green pepper (chopped)
2 slices breakfast bacon
1 small onion (chopped fine)
Salt and pepper

Fry bacon crisp, break in small pieces and put aside. Add onion to hot bacon grease, cook yellow, add tomatoes and green pepper. Season with salt, pepper and paprika. Cover and cook slowly about twenty-five minutes. Add rice, continue cooking slowly ten minutes, stirring often to prevent burning. Serve very hot.

PILAF

½ cup rice
2 tablespoons butter
1 cup canned tomatoes
1 cup soup stock

Mix soup stock and tomatoes, heat to boiling point, add rice. Cover vessel, cook slowly until rice is soft and tender. Stir in butter with a fork, leave saucepan uncovered. Season with more salt and pepper if stock was not highly seasoned. Steam twenty minutes longer. Serve as vegetable or as border for fricassee chicken.

CHAPTER XXXVIII

FRUITS
(Fresh, Cooked and Compotes)

Fruit forms, or should form, an important part of our diet. Besides being greatly relished for its natural flavor, it supplies mild acids which are necessary for their laxative effects. Fruit also, as well as vegetables, contains mineral elements which the body requires. It should always be served attractively. Raw fruits are usually served at breakfast, compotes at luncheon or dinner with the meat course.

HOW TO PREPARE GRAPEFRUIT

Wipe fruit and cut in half, crosswise, with a small, sharp-pointed knife. With a curved grapefruit knife make a cut around entire circumference, separating pulp from shell, then make cuts separating pulp from tough skin which divides the fruit into sections. Snip tough center with scissors, close to bottom, then turn and twist and lift out in one piece. Remove seeds. Sprinkle pulp with sugar, or serve plain if preferred.

If served for luncheon or dinner, a red or green maraschino cherry may be placed in center. Always serve grapefruit thoroughly chilled.

HOW TO MAKE ORANGE OR GRAPEFRUIT CUPS

Cut large, perfect oranges or grapefruit crosswise in half. Remove pulp and juice very carefully so as not to break shells. Drain, and when shells are perfectly clean and dry, scallop around edge with sharp scissors. Fill with gelatine filling, fruit salad or sherbet.

HOW TO MAKE ORANGE OR GRAPEFRUIT BASKETS

Set fruit on table, stem end up. With a thin, sharp knife make an incision on both sides of stem end, leaving a strip about one-half to three-quarters inch wide for the handle of basket. The incision must not extend farther than half the depth of the fruit.

Now with the knife cut a circle around middle, being careful not to go beyond the handle on each side. With the end of the knife, carefully remove the triangular pieces on each side and you will have a basket with a handle.

Use knife or spoon carefully in removing pulp so as not to break

basket. The pulp may be used for fruit salad, sherbet, etc. Baskets may be filled, when ready to serve, with fruit salad, sherbet, or gelatine. They may be decorated by tying center of handles with ribbon bow or by twining with smilax.

HOW TO PREPARE ORANGES FOR SERVING

ORANGE JUICE.—Have oranges thoroughly chilled. Cut in half, crosswise, then press each half on a patent glass orange squeezer and let juice drain into cup or glass, or squeeze juice through strainer. Serve ice cold in tall, thin glasses.

TO SERVE ORANGES.—Have oranges thoroughly chilled, cut in half crosswise. Serve on individual plates.

AMBROSIA.—Peel oranges, removing all white skin, slice in round slices. Remove seeds and tough center. Alternate layers of orange slices and grated cocoanut. Sprinkle with pulverized sugar and cocoanut milk. Serve ice cold.

SLICED BANANAS

Chill bananas, peel and slice round, not too thin. Serve in fruit saucers with sugar and cream.

FRESH STRAWBERRIES.—Pick over berries, place in a colander, let cold water from faucet run over until thoroughly clean. Drain, remove stems, then sprinkle with confectioner's sugar. Serve chilled, with cream.

STRAWBERRIES AU NATUREL.—Wash large, select berries in colander, drain. Do not remove stems. Press confectioner's sugar tightly in small glasses, turn out in mounds in center of small fruit plates. Surround mounds with berries. Serve ice cold.

BLACKBERRIES OR HUCKLEBERRIES.—Pick over and wash thoroughly, sprinkle generously with sugar. Chill before serving.

PEACHES.—Select perfect peaches, chill, serve whole or sliced, with sugar and cream.

CURRANTS.—Clean well, serve on stem or stripped from stems, with plenty of sugar.

GRAPES.—Wash thoroughly and chill. Serve in bunches on individual fruit plates.

MIXED FRUITS.—Fill fruit bowl attractively with select oranges, peaches, apples, bananas and grapes. See that all fruit is chilled. Place bowl in center of breakfast table in place of flowers.

FRESH FIGS.—Chill thoroughly, peel with sharp knife, sprinkle lightly with sugar as figs are sweet. Serve with cream.

CANTELOUPE OR MUSKMELON.—Always chill melons thoroughly before serving. If put in paper bags before placing in refrigerator, other foods will not taste of the melon. If melons are of the small variety, serve cut in half after removing the seeds. Cavity may be filled with crushed ice.

IF CASABA OR HONEYDEW MELONS are served, slice in crescents before serving. Melons may be served also in balls in tall glasses.

WATERMELON.—The main point is to select a good, ripe melon. Place in refrigerator twenty-four hours, if possible, to chill thoroughly. When ready to serve, cut in half, crosswise, then slice lengthwise or crosswise as preferred.

FRAPPE WATERMELON.—When time is too short to chill melon in refrigerator, both ends may be cut off to the red meat, then take the tin container of an ice-cream freezer, press tightly, open side down, into the center of melon until it cuts right through, leaving the rind. Cut off rind, then close freezer and pack in salt and ice like ice cream, ten to fifteen minutes, giving the freezer only three or four turns.

WATERMELON BALLS.—Chill melon thoroughly, scoop out balls with patent vegetable scoop, heap in tall, thin glasses when serving.

STEWED FIGS

½ lb. pulled figs
1 cup cold water
2 teaspoons lemon juice
¼ cup sugar

Wash figs, add water and lemon juice. Cook slowly until tender but not soft. Remove figs. Strain and reserve one-half cup water in which they were cooked, add sugar and one teaspoon lemon juice. Cook until syrupy (not thick). Drop figs in syrup, let cook two or three minutes. Serve cold.

STUFFED FIGS

Secure whole dried or pulled figs. Soak over night in home-made wine or other liquor. Next morning, drain and stuff with English walnuts, pecans or marshmallows.

STEEPED PRUNES

Wash prunes thoroughly, cover with boiling water five minutes, then drain. Cover with cold water, place in refrigerator twelve hours to steep. Drain and serve.

BREAKFAST PRUNES

1 lb. prunes
2 cups cold water
2 tablespoons sugar

Wash, then soak prunes in water over night. Next morning, drain, add sugar to water, cook until reduced to half quantity, add prunes, cover and cook fifteen minutes. Serve chilled.

BAKED PRUNES

Wash large, select prunes carefully. Place in heavy earthen dish or casserole. Cover with water, add a few strips finely-cut orange or lemon peel and one-half cup sugar for each two cups prunes. Cook slowly in oven one hour or until tender. Serve cold with or without cream.

STUFFED PRUNES

Soak large prunes over night in cold water sufficient to cover. Next morning drain. Add two lemon slices and sugar enough to sweeten to water. Cook twenty minutes, add prunes, cover and continue cooking until prunes are tender. Set syrup and prunes aside separately to cool. With a sharp knife, make an incision in the side of each prune, remove pit, and fill cavity with a strip of canned pineapple, half a pecan meat, a blanched almond, or maraschino cherry. Pour cooked syrup or pineapple juice over filled prunes. Place in refrigerator two hours before serving. Garnish dish with maraschino cherries or chunks of pineapple.

PRUNES AND PEANUT COMPOTE

1 lb. prunes
1 slice lemon
1 piece cinnamon bark
1 cup raw peanuts (scalded and skinned)
⅓ cup sugar

Wash prunes thoroughly, soak over night in sufficient cold water to cover. Next morning, add sugar, peanuts, lemon and cinnamon. Cook until prunes are tender, then fifteen minutes longer. Serve chilled as compote.

STEWED RHUBARB

Strip off outer skin from rhubarb stalks, cut in one-half inch cubes, wash well. Put in saucepan, add half again as much sugar as for apples, as rhubarb is exceedingly tart. Add just enough cold water to prevent burning, as rhubarb contains a large amount of water. Cook until soft, then whip with a spoon before removing from fire. Serve cold.

BAKED RHUBARB

Secure fresh rhubarb, cut off green tops, wash thoroughly, cut in two-inch pieces. Put alternate layers of rhubarb and sugar in an earthen or pyrex baking dish, starting with rhubarb and finishing top with sugar. Rhubarb is very tart so sugar must be used liberally. Add no water except what clings to rhubarb in washing. Cover baking dish fifteen minutes while baking slowly, then remove top and cook slowly until rhubarb is soft but not broken, about three-quarters to one hour. Serve in baking dish.

APPLE SAUCE

Wash apples, peel and core. Cut in thin slices, put in deep saucepan, add just sufficient water to keep from burning. Cook very slowly, or cook in double boiler, stirring occasionally. Cook until apples are soft, add sugar to taste, let cook five minutes longer. Mash through colander or ricer and whip a few moments with egg beater.

BAKED APPLES

Wipe and core hard apples carefully. Place in baking dish or pan. Sprinkle with sugar and a little cinnamon if desired. Cover bottom of dish with water. Bake in hot oven, basting often until soft (but not broken). Serve hot or cold. If apple skins are pricked before baking it will prevent them from bursting.

MARSHMALLOW APPLES

Wash and core apples but do not peel. Place in pan, put one teaspoon sugar in cavity of each apple, drop a tiny piece butter on top, add just enough water to bake without burning. Baste occasionally while baking. When done, take pan from oven, place a marshmallow in center of each apple, put back in oven long enough to brown marshmallow lightly. Serve cold.

BAKED STUFFED APPLES

Peel sound, large apples. Remove cores carefully. Fill cavities with a filling of chopped raisins, grated pineapple and chopped nuts or with whole raisins. Place in baking dish or pan, pour a little water around apples, sprinkle sugar over all, add a little cinnamon if desired.

Bake in hot oven, basting often with the syrup in dish until soft but not broken.

RED APPLES

10 small red apples
2 slices lemon
1 cup sugar
1¾ cups water
Red cinnamon candy

Secure firm, hard red apples, peel very thinly, core carefully. Cook sugar, lemon and water until syrupy (not thick). Add sufficient red cinnamon candy (from confectioner's) to make syrup sweet and of desired shade. Place apples in syrup, cook slowly, turning often, until tender but not soft.

Remove to compote dish. Pour syrup over. If syrup is not thick enough to jell, cook a little longer.

When apples are cold, insert a small green leaf in top of each one.

JELLIED APPLES

Secure sound, hard apples. Cut in half, crosswise, or leave whole, remove cores carefully. Allow one cup sugar to each cup water. Add one lemon cut in round slices, to sugar and water. Cook until beginning to be syrupy. Add apples, cook slowly, shaking pan or turning apples occasionally. Apples should be glazed and syrup thick when done. Remove apples to dish. If syrup is not sufficiently thick, continue cooking a little longer before pouring over apples.

Place a maraschino cherry in center of each half apple. Serve cold with fowl or meat.

BAKED JELLIED APPLES

1 qt. sliced tart apples
1¼ cups sugar

Peel and slice apples thin. Put alternate layers of apple and sugar in an earthen baking dish. Cover dish tightly. Bake in moderate oven two and one-half hours. Serve cold with or without cream.

APPLE COMPOTE

6 medium size, hard, red apples
1 cup sugar
1 cup water
¼ cup chopped pecan meats
1 lemon (juice)
8 dates (cut up)
2 tablespoons confectioner's sugar

Put sugar, water and lemon juice in flat saucepan, cook until beginning to get syrupy. Wash and core apples, prick skins with a fork or sharp skewer to prevent bursting. Place in syrup, basting often and turning occasionally. Cook until tender but not broken. If apples are tough, it may be well to cover saucepan a few moments when beginning to cook.

Remove apples to serving dish. Fill cavities with dates and nuts. If syrup is not thick, continue cooking a few moments, then pour over apples. Serve cold, with cream if desired.

APPLES MARIE ANTOINETTE

5 medium size sound apples
1 tablespoon butter
⅛ teaspoon cinnamon
½ cup brown sugar
⅓ cup seedless raisins
⅓ cup cold water

Pare apples, cut in quarters and remove cores. Place in rather shallow pan. Cover with raisins, sprinkle with sugar and cinnamon, cut butter in small pieces over top. Pour water over all. Bake in moderate oven until apples are tender and syrup thick. Turn bottom side up on serving dish. Serve as compote or dessert.

APPLES WITH RICE

1 cup rice
¼ cup sugar
¼ cup top milk
¼ cup cold water
4 medium size hard apples
12 marshmallows
1 teaspoon salt

Wash rice, cover with cold water, add salt, cook until soft. Turn in colander, let cold water run over until clear. Put rice back in saucepan, set on back of range to steam until done.

Pare apples, cut in quarters, remove cores. Add water and sugar, cook until tender but not broken.

Put two alternate layers of rice and apples in pyrex pie plate or dish, leaving apples on top. Cover with marshmallows. Set in oven until marshmallows are lightly browned. Serve hot.

STEWED FRESH PEACHES

1 cup sugar
1 cup water
14 medium size sound peaches
Small piece cinnamon

Peel peaches. Cook sugar, water and cinnamon together until slightly syrupy. Add peaches, cover with lid until peaches begin to cook. Turn fruit over occasionally or shake saucepan while cooking. Cook until tender but not broken. A few peach kernels add a good flavor. Remove to serving dish, pour syrup over and chill before serving.

GLAZED PEACHES

1½ cups sugar
¾ cups water
12 blanched whole almonds
1 tablespoon lemon juice
7 medium size sound, fresh yellow peaches

Mix sugar, water and lemon juice well together. Cook in small saucepan without stirring until rather thick syrup. Add peeled peaches carefully to boiling syrup, turning over and over until quite tender but not broken. Chill fruit and syrup. Stick a blanched almond in each peach and strew balance of almonds in syrup.

STEWED FRESH PEARS

10 medium size sound pears
2 small pieces cinnamon bark
1 cup sugar
1½ cups water

Peel and core pears, leaving stems on if possible; leave also a narrow circle of peeling around the middle. Mix water, sugar and cinnamon together. Add pears. Cover a few minutes when beginning to cook. Cook slowly, turning fruit occasionally until tender. Remove pears to serving dish. If syrup is not slightly thickened, cook a little longer before pouring over fruit. Serve cold. If preferred, pears may be cut in quarters before cooking instead of leaving whole.

PORCUPINE PEARS

6 medium size sound pears
1 cup water
12 whole cloves
2 cups sugar
Browned sliced almonds

Cook sugar and water together five minutes, stirring only before syrup begins to boil. Add pears, cook, turning occasionally until perfectly tender but not broken. If pears are very tough, it may be necessary to cover them a few moments when beginning to cook. Drain from syrup, stick two cloves in the small end to represent eyes. Stick sliced almonds all over pears to represent quills. Pour hot syrup over and chill before serving.

CANNED PEACH COMPOTE

1 can yellow peaches
1 teaspoon lemon juice
18 seedless raisins
2 tablespoons sugar
1 tablespoon finely-cut citron

Drain syrup from can, add sugar, lemon juice, citron and raisins, let cook until syrupy, add peaches carefully, let cook slowly ten minutes, being careful not to break fruit. Lift fruit to serving dish, pour syrup over and chill before serving.

CANNED CHERRY COMPOTE

Prepare same as Peach Compote.

CANNED PEAR COMPOTE

Prepare same as Peach Compote, using four tablespoons cut canned pineapple instead of citron.

PEAR DAINTY

1 large can pears
3 tablespoons hard, red cinnamon candy

Drain juice from pears, add candy. Cook slowly until candy is dissolved and syrup slightly thickened. Add pears, cook five minutes, basting often with the syrup. Lift fruit to serving dish, pour syrup over and chill before serving. Serve with whipped cream if desired.

BAKED WHOLE BANANAS

Wipe sound, ripe bananas with a damp cloth. Peel off one section of peeling from each banana, then loosen slightly the sides of what is left. Arrange in baking dish, sprinkle a little sugar and a few drops lemon juice in each opening. Bake in hot oven until bananas are soft and nicely browned. Serve hot.

BAKED SLICED BANANAS

Peel and slice sound bananas in half lengthwise. Place in baking dish, sprinkle lightly with sugar and bits of butter. Squeeze a few drops lemon juice over top. Bake in moderate oven about twenty minutes until nicely browned. Serve hot.

BANANAS SAUTED

Peel three large sound bananas, cut crosswise in three pieces, then cut each piece in half, lengthwise. Brown all over in a little hot butter in hot skillet, then sprinkle lightly with sugar. Rub one-half tablespoon flour smooth with one-half cup cold water, pour in skillet over bananas. Cover and simmer very slowly five minutes before serving.

CHESTNUTS AND RAISINS

1 lb. chestnuts
1 cup seedless raisins
2 teaspoons sugar (about)
1 tablespoon vinegar or wine (about)
1 bay leaf
1 piece cinnamon
2 tablespoons butter
2 teaspoons flour
Salt to taste

Wash raisins, cover with cold water, add bay leaf and cinnamon, cook until tender. Remove shells from chestnuts, scald, then scrape off skins. Barely cover with water, cook until tender, not broken

(the small variety chestnut requires longer cooking than large ones).

When chestnuts are tender, add cooked raisins, salt, sugar, and butter. Rub flour smooth in wine or vinegar, add to chestnuts. Cook a few minutes longer. If too dry, add a little soup stock or water. More sugar, vinegar or wine may be added to suit individual taste. Be careful not to break chestnuts or raisins. Serve hot.

CHESTNUTS AND PRUNES

1 lb. chestnuts
½ lb. prunes
1½ tablespoons butter
¼ cup sugar
2 small pieces cinnamon bark
1 tablespoon lemon juice, or vinegar
1 tablespoon flour
Salt

Soak prunes two hours in three cups cold water. Remove outer shell from chestnuts, plunge in boiling water fifteen minutes, then scrape off skin. Barely cover with water, add cinnamon. Cook until soft but not broken.

Cook prunes tender in same water in which they were soaked. Add cooked chestnuts, salt, sugar, butter and lemon juice. Dissolve flour in a little soup stock or water, add to prune mixture, cook a few minutes longer. More sugar, lemon juice (or vinegar) may be added to suit individual taste. Be careful not to mash prunes or chestnuts. Serve hot.

PRUNES AND PEANUTS

1 lb. prunes
½ bay leaf
1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
1 cup raw, shelled peanuts
⅓ cup light brown sugar
¼ cup wine, or ⅛ cup vinegar
1 piece cinnamon bark

Wash prunes, soak over night in cold water to cover. Next morning, scald peanuts in hot water, remove skins, then add to prunes and water in which they were soaked. Add bay leaf and cinnamon. Cook slowly and steadily until prunes are almost tender, then add butter, salt and sugar. Continue cooking until prunes and peanuts are tender. Ten minutes before serving, add flour dissolved smooth in wine or vinegar. Cook a few minutes longer to thicken. More sugar or vinegar may be added to suit individual taste.

Do not mash prunes or peanuts. Serve hot.

CRANBERRY SAUCE

1 qt. cranberries
1 pint water
2 cups sugar

Pick over and wash cranberries. Boil water and sugar together until syrupy. Add cranberries gradually to boiling syrup. Cook slowly until berries are tender, thick and clear. Rub through sieve and turn at once in rinsed molds. Serve cold with fowl or meat.

CRANBERRY JELLY

1 qt. cranberries
1 pint cold water
2 cups sugar
Tiny pinch soda

Pick over and wash berries carefully, discarding all soft ones and stems. Cover with water, cook covered, until beginning to soften, add soda and stir. Remove all froth that rises to top. Uncover and continue cooking until berries are perfectly soft, then press through coarse sieve, discarding skin that will not pass through. Return pulp to saucepan, stir in sugar and cook quickly until mixture will drop from spoon like jelly. Pour in large or individual molds and chill before serving.

Jelly may be turned into a biscuit pan instead of molds. When stiff, it can be cut in squares or cut with cookie cutter.

CRYSTALLIZED CRANBERRIES

1 qt. sound ripe cranberries
2 cups sugar
1 cup cold water

Pick over and wash berries carefully, soak in cold water one hour. Cook sugar and water together until syrup begins to spin a thread when dropped from spoon. Drop in berries gradually, shake pan so as to cover berries well with syrup. Cook slowly until clear, shaking saucepan often. Leave berries whole. Turn in serving dish or mold. Serve cold with fowls or meat.

CRANBERRIES AND APPLES

1 qt. cranberries
1 pint sugar
4 medium size hard apples
1 cup cold water

Pick over and wash berries. Cover with cold water. Let stand one-half hour. Pare apples, then scoop out in balls with small vegetable scoop, or cut in large dice. Add one-half cup water to apple balls. Cook until perfectly tender, but not broken. Shake pan occasionally while cooking. Water should be absorbed when apples are done. Turn into a bowl.

Cook sugar and one cup water until beginning to thread, add cranberries, gradually shaking vessel so that berries will be entirely covered with syrup.

Cook slowly, shaking vessel often until berries are tender and clear. When done, pour over apples, mixing carefully so as not to break berries or apple balls.

Let stand twenty-four hours before serving so that apples will be red. Serve with fowl or meat.

ORANGE QUARTERS WITH CRANBERRY JELLY

Cut large perfect oranges in half, lengthwise. Remove pulp carefully so as not to break shells. Wipe shell dry, then chill.

Make a thick cranberry jelly, strain, then pour while hot into orange shells. Place carefully in refrigerator over night to harden. When perfectly firm, cut the filled shells lengthwise in half carefully. Keep in refrigerator until ready to serve. Use for serving around poultry or meat.

CRYSTALLIZED KUMQUATS

1 qt. kumquats
¾ cup cold water
1½ cups sugar

Wash kumquats, wipe dry. Cook sugar and water together until syrupy. Add kumquats gradually, shaking saucepan occasionally so that all fruit is covered with syrup. Cook slowly and steadily, shaking saucepan occasionally until syrup is thick and fruit is clear.

Serve with fowl instead of cranberries.

Also makes a nice garnishment for fowl dishes.

CHAPTER XXXIX

PRESERVES

PRESERVING

Never use tin vessels in preserving fruit. An aluminum, granite, or iron kettle is best. Fruits that require paring should be dropped at once in cold water and a few drops lemon juice added to prevent discoloration. A silver knife should be used in paring fruit.

Only fully ripe, fresh fruits should be used for preserving. Reject carefully all decayed fruit as it will spoil the flavor of the whole.

Sterilize jars, caps, and covers by immersing in boiling water. Fill jars with boiling fruit and seal quickly before they cool. Turn jars upside down to test for leakage.

BERRY PRESERVES

All berry preserves may be made as follows; however, there are various ways of making it.

Clean and wash fruit thoroughly. Weigh, and for each pound fruit, allow three-quarters to one pound sugar, dependent on acidity.

Place fruit and sugar together without water in enameled or aluminum preserving kettles, heat slowly allowing sugar to melt very slowly. After sugar is melted and juice is drawn from fruit, cook quickly twenty-five to thirty minutes. Skim as necessary.

Remove fruit with skimmer, place in sterilized jars, three-quarters full. If syrup is not thick enough, boil a few moments longer, then fill jars to overflowing with it.

Put on new rubbers and screw down tops tightly. Turn jars upside down to test for leakage.

Always keep preserves and jellies in a dry, cool place.

STRAWBERRY PRESERVES

Wash and pick stems from sound, fresh, ripe strawberries. Weigh and allow one pound sugar for each pound berries.

Put berries in large crock. Pour sugar over, shaking vessel so that sugar will mix well with berries. Let stand in refrigerator over night. Next morning, let cook very slowly until sugar melts and juice is drawn from berries, then cook rapidly twenty-five to thirty minutes until berries are clear, being careful not to burn. Skim as

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necessary. Remove fruit with skimmer, filling jars three-quarters full. If syrup is sufficiently thick, pour at once over berries and seal jars. If not thick enough, cook a few minutes longer.

PEACH PRESERVES

Select ripe peaches, yellow, clear stone are best, however, others may be used. Peel, remove stones, then break in half if small, or cut in quarters if large. Weigh fruit, allow one pound sugar for each pound fruit if peaches are tart, if not, use three-quarters pound sugar. Put sugar in preserving kettle, add just enough water to barely cover. Add one lemon cut in small pieces. Tie a few cloves, whole allspice and broken pieces, stick cinnamon in thin cloth (spice bag), drop in syrup. Let cook until slightly syrupy, add peaches, cook steadily (not too fast) until fruit is clear and tender, about two to two and one-half hours. Skim as necessary.

Put in sterilized jars and seal tightly while hot.

FIG PRESERVES

1 peck figs
4 lemons (slice thin)
Cold water
Sugar
Boiling water
½ cup soda
6 pieces whole ginger

Secure fresh, not over-ripe figs, with stems. Weigh and allow two-thirds as much sugar as figs.

Put figs in large pan, sprinkle soda over, cover with boiling water. Let stand only ten minutes, then drain. Place in colander and allow cold water from faucet to run over, drain again and lay carefully on dry towels.

Put sugar in preserving kettle, allow one cup cold water for each pound sugar. Add lemon and ginger. When water is syrupy, drop in figs carefully (if too crowded, cook half at one time). When figs are tender, remove to platters with skimmer. Let syrup cook until thickened. Return figs to syrup, let cook slowly about ten minutes until clear. Put in jars and seal while hot.

PEAR AND PINEAPPLE PRESERVES

1 peck cooking pears
2 lb. can pineapple (sliced or chunks)
1 teaspoon each, whole cloves, spice and cinnamon
2 lemons

Wash and peel pears, cut in quarters, then in half again lengthwise. Weigh fruit, allow three-quarters pound sugar for each pound fruit.

Put pears in large crock or preserving kettle (not tin), pour sugar over, let stand over night in cool place.

Next morning, lift pears from syrup with a skimmer, and put aside, being careful to drain all syrup back into preserving kettle. Add liquor from pineapple to syrup. Add lemons cut in thin slices, add spices tied in thin cloth. Cook slowly until slightly syrupy, add pears, continue cooking one and one-half hours, then add pineapple cut in pieces. Continue cooking slowly about two hours or until clear. Put in air-tight jars.

WATERMELON RIND AND PINEAPPLE PRESERVES

3 tablespoons slack lime
1 can sliced pineapple
3 pieces whole ginger
2 lemons, sliced thin
Thick watermelon rind
Sugar
Powdered alum

Scrape off every bit of red pulp from rind, trim off green rind thinly, then cut remaining white part in three-inch squares. Weigh squares and allow one pound sugar for each pound watermelon squares. Put sugar aside.

Dissolve lime in two gallons cold water, stir well, let stand until lime settles to bottom of vessel, then pour off clear water at top and cover melon squares completely with it. Put aside over night. Next morning, drain melon from lime water, soak in fresh water two hours, changing water three times while soaking, then drain.

Measure sufficient fresh water to cover rind thoroughly. Add one and one-half teaspoons powdered alum for each quart water, let come to good boil, drop in the rind, cover vessel and let cook slowly thirty minutes. Remove rind from alum water and rinse well with cold water.

In the meanwhile, barely cover sugar with cold water, add pineapple juice, lemon and ginger. Let cook until beginning to get syrupy, about twenty minutes. Add melon, cook slowly until it can be easily pierced with a fork, about two hours, then add pineapple and cook until all looks clear and transparent. Remove fruit to jars, if necessary, cook syrup longer if not thick enough. Pour hot syrup over fruit and seal jars.

CANTALOUPE PRESERVES

Secure canteloupes that are ripe, but not mushy. Any variety will do. Cut in half, remove seeds, then pare off rind thin, cut melon in small chunks. Weigh, and allow three-quarters pound sugar for each pound melon. To each four pounds melon, allow one lemon and one orange.

Drain melon in colander. Add enough cold water to sugar to moisten well but not cover, as melons draw water. Add lemons and oranges with rind, cut in very thin slices. Add a small spice bag.

Cook until syrup drops heavily from spoon, then add melon. Cook slowly until melon is clear, about two hours. Skim occasionally. When done, put in air-tight jars and seal while hot.

TOMATO PRESERVES

6 lbs. ripe tomatoes
3¾ lbs. sugar
2 lemons
Spice bag (cloves, cinnamon and allspice)

Put tomatoes in a thin bag, dip in and out of boiling water about three minutes or until skins can be removed easily, then plunge in cold water until tomatoes are cool. Slip off skins.

Drain in colander, then cut in chunks. Put in bowl, add sugar, place in refrigerator or cool place over night. Next morning, put contents of bowl in preserving kettle, add lemons sliced very thin, also spice bag.

Cook slowly at first, then a bit quicker, being careful not to cook too fast. Stir occasionally to keep from burning. Cook until syrup and tomatoes are a little thick and transparent. Requires one and one-half to two hours.

Put in air-tight jars and seal tightly while hot.

SMALL YELLOW TOMATO PRESERVES

4 qts. tiny yellow tomatoes
1 lemon (sliced very thin)
Sugar
Spice bag (optional)

Put tomatoes in cheesecloth bag, dip in and out of boiling water a few times, to loosen skins, then run cold water over bag. Remove from bag, slip off skins, then weigh.

Add as many pounds sugar as tomatoes. Add lemon. Add just enough water to moisten well. Cook in preserving kettle, slowly at first, then increasing heat until tomatoes are clear and transparent, about one and one-half to two hours. Tomatoes should not be mashed or broken. If desired, a spice bag may be added while cooking.

PLUM PRESERVES

8 qts. plums
2 qts. sugar
2 small sticks cinnamon
1 qt. cold water
4 cloves

Wash plums, prick each one to prevent bursting. Put water and sugar in preserving kettle, stir while cooking until sugar is dissolved.

Add cinnamon and cloves in thin cloth. Cook to thin syrup without stirring, then drop in plums gradually, but do not crowd. Cook (not too fast) until plums are clear and transparent and syrup thickened. Usually requires about one and one-half hours.

Fill sterilized jars, put on new rubbers. Stand upside down to test for leakage.

CONCORD GRAPE PRESERVES

Pick grapes from stems, discard spoiled ones. Wash well. Separate pulp from skins by pressing each one lightly, leaving as much of the juice as possible in skins.

Put pulp in one saucepan and skins in another. Cook pulp until seeds loosen, about ten minutes, then press through coarse sieve or colander to remove seeds.

Measure juice in bottom of saucepan with skins, add sufficient water to make one-half cup for each quart. Cook fifteen minutes or until skins are tender. Then mix skins and pulp together, add three-quarters cup sugar for each cup mixture. Cook slowly until thick as jam. Stir often. Put in air-tight jars and seal while hot.

QUINCE PRESERVE

4 qts. pared, cored and quartered quince
1½ qts. sugar
2 qts. cold water

Secure fresh, sound quinces. Rub with coarse towel. Wash and drain, then pare, quarter and core fruit. Drop pieces in cold water, adding one tablespoon lemon juice for each quart water to keep fruit white. Drain from this water, put in preserving kettle, covering well with cold water. Heat slowly and simmer gently until fruit is tender.

Remove pieces with skimmer as they get tender enough to pierce readily with a silver fork. Some pieces will require longer cooking than others. Drain on platter.

Strain water in which fruit was cooked through cheesecloth bag. Put two quarts strained water with sugar in preserving kettle. Stir well while heating until sugar is dissolved. When syrup boils well, skim, then add cooked fruit. Cook twenty-five to thirty minutes until fruit is clear and syrup slightly thickened. Put in sterilized jars.

SUNSHINE PRESERVED CHERRIES

Select large cherries. Wash fruit, remove pits and stems. Weigh and allow equal weight of sugar and cherries. Place cherries in preserving kettle in layers, sprinkling sugar over each layer. Heat

slowly to boiling point, then skim well and boil rapidly just fifteen minutes. Remove cherries with syrup to flat platters in single layers. Cover with a piece of flat glass (window pane) and expose to hot sun two or three successive days, until syrup looks thick and cherries clear. Seal in jars or glasses.

SUNSHINE PRESERVED STRAWBERRIES

Select only choice berries. Wash, remove stems and prepare same as cherries.

FIG JAM

Secure fresh, well-ripened figs, peel, then weigh. Allow one-half pound sugar for each pound figs. Mash together thoroughly, moisten with sufficient water to keep from burning. Add juice of one lemon for each three pounds figs. Cook slowly two or two and one-half hours, stirring often. Skim when necessary.

Put in air-tight jars. This jam is nice to put between cake layers.

SOUR CHERRY AND RASPBERRY JAM

Wash and stone one pound sour cherries, add one pint raspberries. For each pound fruit, add one pound sugar. Boil together slowly and steadily until thick (time varies according to firmness of cherries), usually about thirty minutes. Pour in glasses and cover with hot paraffine.

ORANGE MARMALADE

6 oranges
1 lemon
1 grapefruit
Sugar

Pare skin very thin from three oranges so that nothing but yellow rind comes off. Cut this peel with scissors in very fine strips like straws. Place strips in saucepan, cover with boiling water, let boil thirty minutes, changing water three times during process, then drain through colander.

In the meantime, peel other three oranges and grapefruit, removing seeds and white skin carefully. Remove white skin from oranges from which yellow rind was taken. Separate sections of all, remove all fiber, then cut in small pieces.

Measure grapefruit and orange pulp together in pint cup. Put in large saucepan, add drained yellow peel, also grated rind and juice of lemon. Let cook steadily thirty minutes. Then add as much sugar as there was fruit pulp. Cook about thirty minutes, stirring occasionally. Fruit and syrup should look clear and transparent.

Fill jelly glasses or small jars with marmalade. Seal when cold.

GRAPEFRUIT MARMALADE

2 oranges
1 lemon
1 large grapefruit
Cold water
Sugar

Cut tops and bottoms from oranges and grapefruit and discard. Slice fruit with peeling in very, very thin, round slices, cutting through pulp and pith alike, discarding tough centers and seeds. Cut slices in small pieces. Weigh fruit and for each pound allow three pints cold water. Put together in a large bowl. Mix well, place in refrigerator over night. Next morning, boil steadily (not fast) two hours until peel is quite soft.

Weigh this reduced mixture (in saucepan if desired) and add one and one-quarter pounds sugar for each pound mixture. Mix sugar and fruit, cook slowly and steadily three-quarters to one hour until mixture looks clear. Add grated rind and juice of lemon, cook fifteen minutes longer.

Put in air-tight jars or jelly glasss. This quantity should make two pints marmalade. For larger quantity, double the ingredients.

PEACH AND ORANGE MARMALADE

24 ripe, yellow clearstone peaches
8 oranges
Sugar

Peel peaches, remove stones, then cut in pieces. Peel oranges, scrape white inside from peeling of four oranges, then cut the four yellow rinds in tiny pieces with scissors, add to peaches.

Separate all oranges in sections, remove all skin, seeds and pith, then cut oranges in small pieces, add to peaches.

Weigh fruit, allow two-thirds as much sugar as fruit. Mix well. Let stand over night in china crock. Next morning, begin to cook slowly until sugar is melted, then increase heat a little, but do not cook too rapidly, three to three and one-half hours. Stir occasionally to keep from burning. When thick and transparent, put in jars and seal while hot.

PEAR AND PINEAPPLE MARMALADE

1 peck preserving pears
3 large fresh pineapples
2 lemons
Sugar
Water

Peel pears, cut in quarters, or eighths if large, and core. Peel, remove eyes and core pineapple. Weigh pears, then run pears and pineapple through coarse meat grinder. Allow three-quarters pound sugar for each pound pears. Put sugar in preserving kettle. Add

one cup water for each pound sugar. Add juice of lemons. Boil until syrupy, then add ground fruit with juice. Continue cooking slowly about two hours, until clear and thick.

Put in air-tight jars. Seal while hot.

FRESH PRUNE CONSERVE

5 doz. large, fresh prunes
1¼ cups broken pecan meats
2½ cups seedless raisins
2 oranges
5 cups sugar

Select sound, ripe fresh prunes. Wash and remove pits, cut in pieces with scissors. Add thin yellow rind of one orange cut in tiny pieces. Cut pulp of both oranges in small pieces, add to prunes. Add raisins and sugar. Mix well. Begin to cook slowly until sugar is dissolved, then more rapidly, stirring occasionally until transparent and thick as jam, about one and one-quarter to one and one-half hours. Add nuts just before removing from fire. Let boil up once more. Put in air-tight jars at once. Seal tightly while hot. Peaches may be used instead of prunes.

PEACH BUTTER

Select soft peaches, clearstone yellow variety is best. Peel and remove stones and cut in small pieces. Weigh and allow three-quarters pound sugar for each pound fruit. Put fruit in layers in preserving kettle, cover each layer with sugar. Add a few peach kernels and a small spice bag. Add just sufficient cold water to barely cover fruit. Stir well. Cook slowly, stirring often from bottom until thick enough to spread without running. Fill and seal jars same as for other preserves.

STRAWBERRY JAM

Pick over berries. Weigh. Wash thoroughly, put in preserving kettle. Mash well in the bottom of kettle with a wooden masher. Heat slowly to boiling point, then add gradually an equal quantity of heated sugar. Cook slowly, stirring often, about forty-five to sixty minutes. Put in glasses or jars. Cover with air-tight tops or paraffine.

RASPBERRY OR BLACKBERRY JAM

Make same as strawberry jam.

CHAPTER XL

JELLIES

JELLY MAKING
(Farmer's Bulletin No. 203)

In no department of preserving does the housekeeper feel less sure of the result than in jelly making. These two questions are being constantly asked, "Why does not my jelly harden?" "What causes my jelly to candy?"

It is an easy matter to say that there is something in the condition of the fruit, or that the fruit juice and sugar were cooked too short or too long a time. These explanations are often true, but that does not help the inquirer, since at other times just that same proportion of sugar and time of cooking have given perfect jelly.

In all fruits, when ripe or nearly so, there is found pectin, a carbohydrate somewhat similar in its properties to starch. It is because of this substance in the fruit juice that we are able to make jelly. When equal quantities of sugar and fruit juice are combined and the mixture is heated to the boiling point for a short time, the pectin in the fruit gelatinizes the mass.

It is important that the jelly maker should understand when this gelatinizing agent is at its best. Pectose and pectase always exist in unripe fruit. As the fruit ripens the pectase acts upon the pectose, which is insoluble in water, converting it into pectin which is soluble. So pectin is at its best when the fruit is just ripe or a little before. If the juice ferments, or the cooking of the jelly is continued too long, the pectin undergoes a change and loses its power of gelatinizing. It is therefore of the greatest importance that the fruit should be fresh, just ripe or a little under-ripe, and the boiling of the sugar and juice should not be continued too long.

One cause of jelly crystallizing (candy) is hard boiling. When the syrup boils so rapidly that particles of it are thrown on the upper part of the sides of the kettle, they often form crystals. If these crystals are stirred into the syrup, they are apt to cause the mass to crystallize in time.

DRIPPING BAG

Old flour and sugar sacks may be washed and put aside to use for dripping bags, or coarse flannel or double cheesecloth may be made into bags. Fell the seams to make more secure.

When dripping the cooked fruit or juice, pour it into the bag, tie the opening with a strong cord, then pass the handle of a broom or stick through the cord, and let the bag suspend from center. Place a bowl carefully under bag to catch dripping juice.

To Fill Glasses.—Place a small strainer over glass, then pour in jelly. Do not fill glasses too full, let stand one minute, remove thin scum that forms with a teaspoon. When cold, cover with paraffine.

To Cover Glasses with Paraffine.—Break paraffine in pieces, put in small saucepan, let melt slowly (do not boil). Pour while hot, over jelly after jelly is cold. After paraffine is cold, put tops on jelly glasses, then label with gummed labels.

BERRY JELLY

Use strawberries or blackberries. Clean fruit thoroughly, then wash through several waters. Add sufficient water to barely half cover fruit. Place over slow fire, boil until fruit is soft. Pour into jelly bag and allow juice to drip without squeezing bag.

For each pint juice, allow one pint sugar. If fruit is not acid, use three-quarters pint sugar to one pint juice. Place juice on fire to cook slowly. Heat sugar in shallow pan in oven until it is very hot, being careful not to brown. Add sugar to juice, stirring until dissolved, then let boil briskly without stirring until jelly drops rather heavily from spoon. Pour in clean jelly glasses. When cold, cover with hot, melted paraffine, and when set, cover glasses with tops.

STRAWBERRY JELLY

Wash fruit thoroughly and remove stems. Put berries in preserving kettle, mash a few of them with a spoon or wooden vegetable masher. Heat slowly, stirring frequently. When berries are hot through, crush well with wooden masher, then turn in jelly bag and let juice drip without squeezing bag. Use one cup sugar for each cup juice. Cook only a small quantity jelly at one time as it will be clearer.

Stir until sugar is dissolved, then place over fire, watch closely and when it boils up, skim. Skim several times more until clear and as soon as jelly drops heavily from spoon, pour into sterilized glasses. Cover with paraffine, put on tops when cold.

SEEDLESS BLACKBERRY JAM OR JELLY

8 qts. dewberries or blackberries
1 qt. cold water
Sugar

Wash berries thoroughly, remove all stems. Put in large saucepan or kettle, add water, set over slow fire or on back of range. Stir occasionally, let come to boil, cook ten minutes. Turn in bag, squeeze to remove seeds. Measure juice, add half as much sugar as juice. Boil, not too rapidly, being careful not to burn. Cook until thickened. Test by putting a little on ice. When done, jam should be thick as jelly.

Put in sterilized jars or jelly glasses. Seal tightly, using paraffine to cover glasses.

CONCORD GRAPE JELLY—METHOD No. 1

Pick grapes from stems, wash through several waters until clean. Put in preserving kettle or saucepan, add just sufficient cold water to prevent burning, about one-half cup. Cook, not too fast, stirring often from bottom, until grapes are soft enough to mash easily, twenty-five to thirty minutes.

Remove from fire, pour in jelly bag. Squeeze or drip out every drop of juice. Measure juice, allow one cup sugar for each cup juice. Put juice on fire in one or more saucepans (it is best not to cook too many glasses at one time). Heat sugar in oven, being careful not to burn.

When juice has cooked about five minutes, stir in hot sugar and cook hard until thick enough to jell.

Pour in jelly glasses, cover with hot paraffine, when cold, seal tightly.

CONCORD GRAPE JELLY—METHOD No. 2

Pick grapes from stems, discard spoiled ones, then wash carefully. Put in large saucepan or preserving kettle, add about one-half cup cold water to keep from burning. Let cook very slowly until grapes are soft, about twenty-five to thirty minutes. Stir occasionally.

Remove from fire, pour in jelly bag, squeeze out juice. Measure, add one cup sugar for each cup juice. Stir well. Cook, not more than three glasses in one vessel, without stirring, until jelly drops rather thick from spoon. Remove from fire, let stand one minute, skim, then pour in jelly glasses and seal as usual.

MIXED GRAPE JELLY

Acid grapes are best to use for this jelly. The sweet, ripe kind contain too much sugar. If ripe grapes are used, be sure to add a few green ones. Wash fruit clean, removing stems. Barely cover

with cold water. Cook gently until grapes are soft. Let drip in jelly bag until all juice is out. Cook same as other jelly, using equal quantity sugar and juice unless grapes are sweet, then use a little less sugar.

CURRANT JELLY

Remove leaves and large stems from currants. Put in preserving kettle, crush a few with a wooden vegetable masher or spoon. Heat slowly, stirring frequently. When currants are hot, crush all of them with vegetable masher, then turn into bag, let drip without squeezing.

Measure juice, to each pint, add one pint granulated sugar. Stir until sugar is dissolved, place over fire, watch closely, and when it boils up, skim, then continue to boil, skimming a second and third time until syrup is clear.

As soon as jelly drops from spoon, in drops, it is done. Care must be taken not to cook too long. Jelly will always be clearer if a small quantity is cooked in separate vessels.

Pour into hot sterilized glasses, cover with a thin coat of paraffine, and when cold, add more paraffine before putting on tops.

CURRANT AND RASPBERRY JELLY

Make same as currant jelly, using half currants and half raspberries.

PLUM JELLY

Use slightly under-ripe, acid plums. Wash fruit and remove stems. Put in preserving kettle, add enough water to half cover fruit. Cook gently until plums are soft but not mashed. Pour into bag, let drip.

Measure juice, add one pint sugar for each pint juice. Mix well. It is always best to cook a small quantity jelly at one time as it will be lighter and clearer. Cook same as currant jelly, skimming when necessary.

SCUPPENONG JELLY

Wash fruit thoroughly, put in preserving kettle, add enough water to about half cover fruit. Let cook gently until fruit is soft. Pour in jelly bag, let drip. Measure juice, add one pint sugar for each pint juice. Do not cook too large a quantity at one time if you want jelly clear and light. Skim as necessary. Proceed same as for currant jelly.

APPLE JELLY

Wash, stem and wipe apples which should be slightly underripe and of the acid variety. Be careful to clean blossom end carefully. Cut in quarters without peeling. Put in preserving kettle. Barely cover with cold water. Cook gently until apples are soft and clear.

Pour in jelly bag, drip until all juice is out. Use one and one-half cups sugar to each pint juice, unless apples are very tart. Add juice of one lemon and one orange for each quart juice, as it improves flavor of jelly and makes it jell quicker.

If juice is pale, it may be cooked in larger quantities than other jelly as it will then have a redder color. Skim as necessary while cooking, and skim again before pouring into glasses.

CRAB-APPLE JELLY

Make same as apple jelly, using one pint sugar for each pint juice. Do not add lemon or orange juice as fruit is sufficiently tart without it.

APPLE-PEELING JELLY

When using apples for cooking, wash peelings and cores, barely cover with cold water. Cook, not too fast, until peelings are soft but not mushy, and water is cooked down to one-third quantity. Pour in bag, let drip like other jelly. Measure liquid, add one-half cup sugar for each cup liquid. Add strained juice of one orange and one lemon for each quart juice. Heat fruit juices together, then add sugar, stir until well mixed. Cook rapidly without stirring until thick enough to jell.

CHAPTER XLI

PICKLES, CATSUPS AND RELISHES

QUICK DILL PICKLES

1 peck cucumbers
14 cups cold water
1½ cups salt
½ cup vinegar
Red pepper pods
Cayenne pepper
Dill

Select medium size, sound fresh cucumbers, wash carefully, pack in two quart glass jars, put a few pepper pods, small dash cayenne, and a few sprigs dill in each jar. Mix water, salt, and vinegar together, pour in jars, being careful that cucumbers are entirely covered with liquid. Put new rubbers on jars, close tightly. Expose to hot sun five to six successive days, when pickles will be ready for use. When ripe, place jars in cool place. If kept indoors it will require ten days to ripen pickles.

WINTER DILL PICKLES

20 cups water
1 cup salt
¾ cup vinegar
1 peck fresh cucumbers
Alum
Onion
Cayenne pepper
Dill
Garlic

Wash cucumbers, pack in two quart glass jars, add plenty dill. Add a very tiny piece garlic and onion. Add cayenne to taste, to each jar.

Cook water, salt and vinegar to boiling point, pour over cucumbers in jars until overflowing. Put on rubbers. Cover each jar with a round piece cheesecloth, lay a piece alum about as big as a pea on top of cloth, then screw tops tightly. Put aside ten days. These pickles keep for months in a cool place.

SLICED DILL PICKLES

Peel large cucumbers, scrape out seeds, cut lengthwise in four or six pieces, dependent on size. Cover with salt over night. Next morning, squeeze and drain well. Cook to boiling point an equal quantity vinegar and water sufficient to cover cucumbers. Add cucumbers, cook two minutes. Remove from fire. Put alternate layers of cucumbers and dill (fennel) in jars until jar is two-thirds

full, add two tablespoons mustard seed. Cover with the boiling liquid and seal tightly.

TWO-MINUTE PICKLES

5 large cucumbers
1 tablespoon salt
2 cups cold water
2 cups vinegar
⅓ cup sugar
3 pieces dill
Pinch powdered alum
Tiny piece garlic (chopped fine)

Select large, fresh cucumbers, not old enough to have many large seeds. Wash, then pare with silver knife. Cut lengthwise in quarters. If cucumbers are very large, they may be cut once more.

Mix vinegar, water, sugar and salt together, let come to good boil, add cucumbers. Cook two minutes, counting time when beginning to boil. Remove at once, place cucumbers in quart jar. Add dill, garlic, and alum. Pour hot liquid over, seal tightly. Pickle may be used day after preparing.

Never cook vinegar in tin vessels.

SWEET CUCUMBER PICKLE

4 cups cider vinegar
3 cups water
1½ cups sugar
1 tablespoon celery seed
2 tablespoons mustard seed
½ peck very small cucumbers

Cut stems from cucumbers, wash, cover with strong salt water two hours. Put all other ingredients in large saucepan or preserving kettle; boil twenty to twenty-five minutes. Drain cucumbers from salt water, wash in cold water, then drop in boiling mixture. Let come to good boil, then remove cucumbers and pack in jars.

Fill jars to overflowing with boiling liquid. Seal tightly. Pickles should be kept at least two weeks before using. Will keep indefinitely.

MUSTARD PICKLE

1 peck cucumbers
½ cup mustard seed
½ cup brown sugar
½ teaspoon cayenne pepper
¼ teaspoon white pepper
2 qts. tiny white onions
2 qts. vinegar
2 tablespoons celery seed
2 tablespoons dry mustard

Wash and peel cucumbers with silver knife, slice in round slices, not too thin. Peel onions, wash well. Put cucumbers and onions in a bag (old flour sack), sprinkle liberally with salt. Hang bag up and let drip until next morning, then empty contents and rinse in cold water two or three times.

Dissolve mustard in a little of the vinegar, add other ingredients. Cook ten minutes. It may be necessary to add a little salt, accord-

ing to taste. Add cucumbers and onions, cook thirty minutes. Seal in air-tight jars while hot. Let stand at least ten days before using.

SWEET PICKLE

Use vegetables, such as cucumbers, string beans, cabbage, cauliflower, onions, green and red peppers and green tomatoes. Any or all combinations may be used. Peel cucumbers and onions, string the beans, remove seeds from pepper. Wash, then cut up all vegetables, sprinkle heavily with salt and leave over night.

Next morning, squeeze thoroughly, cover with vinegar, and cook only until vegetables are tender enough to pierce with a fork. Drain through colander. Pack vegetables in jars. Discard vinegar in which vegetables were cooked. Measure sufficient fresh vinegar to fill jars, add two cups sugar, four cloves and two small pieces cinnamon for each quart vinegar. Cook together until slightly syrupy, then pour over vegetables in jars. Seal while hot.

FRENCH PICKLE

5 lbs. cucumbers
2 lbs. large onions
1 lb. medium brown sugar
2 qts. vinegar
½ cup olive oil
2 tablespoons mustard seed
1½ tablespoons celery seed
6 small red pepper pods
½ oz. turmeric

Pare cucumbers, slice in thin round slices. Peel onions, slice thin. Cover in crock together with strong salt water, let stand twenty-four hours. Next day, wash through several waters to remove part of salty taste. Cook vinegar, sugar, pepper pods, celery and mustard seed together to boiling point. Add turmeric dissolved smooth in a little water, continue cooking fifteen minutes. Add cucumbers and onions, cook ten minutes longer. Remove from fire, let cool. When cold, stir in olive oil briskly, put in glass jars and seal tightly. Let stand at least three weeks.

GHERKIN MUSTARD PICKLE

100 tiny gherkins
4 stalks celery (tender inside part)
2 small green peppers
1¼ lbs. tiny onions
½ lb. yellow string beans
2 small heads cauliflower

Wash and cook beans tender. Clean vegetables, cut up all except onions and gherkins. Add to cooked beans, soak in salt water to cover, over night (one-half cup salt to three cups vegetables).

Next morning, drain from brine, rinse with cold water and put aside. Make following

Sauce

1 qt. vinegar
½ cup water
1 cup brown sugar
2 tablespoons dry mustard
⅓ cup flour
½ teaspoon turmeric
1½ teaspoons celery seed

Rub mustard and flour smooth with vinegar. Add to other ingredients. Cook thirty minutes. Add vegetables. Cook until tender enough to pierce with fork. Sauce should be thick. Stir carefully while cooking. Keep three weeks before using.

CHOW-CHOW

½ peck green tomatoes
1 qt. tiny cucumbers
½ peck string beans
2 heads cauliflower
2 bunches white celery
¼ cup flour
¼ lb. dry mustard
9 medium size onions
24 medium size cucumbers
8 large green peppers (remove seeds)
1 cup sugar
2 teaspoons turmeric
Salt

Clean and cut all vegetables in small pieces (except tiny cucumbers). Cover all with strong salt water, let stand over night. Next morning, turn into a thin bag and drain off all water.

Measure sufficient vinegar to cover vegetables. Mix flour, mustard and turmeric, smooth with a little vinegar. Add to other vinegar, add sugar. Boil together in double boiler until thick. Mix well with vegetables, cook fifteen minutes. Seal tightly in jars. Keep three weeks before using.

TINY ONION PICKLE

Secure very tiny white onions, remove outer skin and soak in strong salt water over night. Next morning, drain and let stand in clear water one hour, then drain again. Measure sufficient white vinegar to cover onions to overflowing in jars. Add one-half cup mustard seed, and one-half cup sugar for each three pints vinegar. Boil fifteen minutes, add onions and cook fifteen minutes longer.

If vinegar is very tart, add a small quantity water. Seal in jars, let stand at least two weeks before using.

MUSTARD PICCALILLI

6 green peppers
12 large cucumbers
24 large green tomatoes
6 large white onions
1 cup brown sugar
½ cup mustard seed
2 tablespoons celery seed
⅓ cup dry mustard
¼ teaspoon turmeric
Vinegar to cover

Wash all vegetables. Remove seeds from peppers. Peel cucumbers and onions, chop fine with tomatoes and peppers. Sprinkle heavily with salt, let stand over night. Next morning, put in bag, squeeze out salt water, then cover vegetables with fresh water. Let stand two hours. Put in bag again and squeeze out all water. Add mustard seed, celery seed, sugar, and dry mustard dissolved in a little water.

Pour sufficient vinegar over to cover well. Cook twenty minutes. Stir well. Add turmeric dissolved in a little cold water, five minutes before removing from fire. Mix well. Put in air-tight jars. Keep two weeks before using.

Cabbage or celery or both may be substituted for cucumbers.

SHARP PICCALILLI

¼ peck green tomatoes
12 medium size cucumbers
¼ lb. mustard seed
1½ lbs. sugar
¼ cup grated horseradish
1 tablespoon dry mustard
1 head white cabbage
6 large onions
½ oz. turmeric
½ oz. ground cinnamon
1 oz. celery seed
1½ cups salt
Vinegar

Peel cucumbers, chop fine with cabbage, tomatoes and onions. Sprinkle heavily with salt, let stand in covered crock twenty-four hours. Drain from salt, cover with fresh water, let stand twelve hours. Squeeze dry through cheesecloth bag, add celery and mustard seed, cinnamon, sugar, and turmeric rubbed smooth with a little water. Pour sufficient cold vinegar over to cover well. Cook, while stirring occasionally, about thirty minutes. Remove from fire, add horseradish and dry mustard dissolved in a little vinegar. Put at once in air-tight jars.

HANDY SALAD PICKLE

2 medium size cabbage
1 qt. onions
2 cups sugar
2 qts. cider vinegar
1 cup celery seed
4 whole cloves
¾ tablespoons white pepper
1½ tablespoons salt
1 tablespoon turmeric
1 teaspoon whole allspice

Clean and wash cabbage and onions, removing outer leaves. Cut fine, add all other ingredients, except turmeric. Mix well. Boil one to one and one-half hours until tender enough to pierce with fork. Fifteen minutes before removing from fire, dissolve turmeric in a little water, add to mixture. Cook fifteen minutes longer.

Put in air-tight jars, let stand at least three weeks before using. Will keep indefinitely.

HANDY BEETS

Scrub, then cut off stems (not too short) from one quart small beets. Cover with cold water, add one-quarter cup vinegar and one tablespoon salt. Cook one to two hours until tender. Remove from water, rub off skins while warm. Put whole beets in air-tight jar, strain hot liquid over, add three tablespoons confectioner's sugar. Seal tightly, put aside until ready to use for salad or garnishment.

PICKLED BEETS

1 qt. boiled beets (sliced)
½ teaspoon salt
⅛ teaspoon pepper
2 cups vinegar
2 tablespoons sugar

Scrub, then boil young beets until tender, rub off skins and slice. Mix vinegar, sugar, salt and pepper. If vinegar is very tart, add a little water. Let liquid come to boiling point, pour over beets. Keep in jars. Any left-over syrup from pickled peaches or figs may be used for making pickled beets.

PICKLED EGGS

Boil eggs hard, when cold, add to beets, let remain until red color. Will only remain fresh a few days.

STUFFED MANGOES
(Small Green Cantaloupe)

18 small mangoes
1 qt. string beans
1 qt. green tomatoes
1 cup mustard seed
2 or 3 heads hard white cabbage
1 qt. small white onions
1 qt. small cucumbers
1 cup celery seed

Clean mangoes and vegetables. Cut one section from each mango, scrape out seeds carefully; replace section and tie with string to keep in place. Cut cabbage in quarters. Cover mangoes and vegetables with salt water strong enough to float an egg; keep in stone jar or wooden keg ten days or longer if desired. When ready to make pickles, soak mangoes and vegetables twenty-four hours in fresh water. Drain, then chop vegetables fine, adding three hot pepper pods while chopping. Drain, add mustard and celery seeds, and just enough vinegar to moisten vegetables. Fill each mango compactly with vegetable mixture, then replace section and tie with cord.

Pack filled mangoes in glass or stone jars, cover completely with following,

Pickling Vinegar

3 pints vinegar
½ cup water
2 cups brown sugar
2 teaspoons allspice
1 teaspoon cloves
5 broken pieces cinnamon

Boil together ten minutes, pour over mangoes in jar, let stand six weeks before using.

PICKLED ARTICHOKES

Secure small, fresh (Jerusalem) artichokes, scrub clean with vegetable brush. Scrape off worst part of skin. Drop in cold water, add a few drops lemon juice to prevent turning dark. Measure sufficient vinegar to overflow jars that are to hold artichokes, allow one-third as much water as vinegar if vinegar is very tart. Add two cups brown sugar for each quart liquid, add three pieces cinnamon bark, six cloves and eight whole allspice. Cook liquid, sugar, and spices together fifteen minutes. Add artichokes. Remove on first boil and put in air-tight jars, covering well with hot liquid. Let stand three to four weeks before using.

PICKLED CHERRIES

Remove pits from sour red cherries. Cover with vinegar and let stand twenty-four hours. Next day, drain off every bit of vinegar, measure cherries and allow one quart sugar for each quart cherries. Pack in jars in alternate layers of cherries and sugar; add a few pieces whole cinnamon, cloves and allspice. Keep covered with a plate. Stir with a fork every few days until sugar is dissolved. May then be packed in jars if desired. Should be kept at least three weeks before using. Keep in cool place.

SWEET PICKLED PEACHES

12 lbs. peaches
1 qt. water
2 qts. vinegar
6 lbs. sugar
1 tablespoon cloves
1 tablespoon broken cinnamon bar

Select firm peaches, preferably clingstone variety, but clearstone may be used if very firm. Peel thinly. Cook other ingredients together until very slightly syrupy, about twenty minutes. Add peaches carefully (if large quantity, do not cook all at one time). Cook only until peaches are tender enough for prong of fork to penetrate. Remove with perforated skimmer to jars, and cover to overflowing with syrup. If syrup is very thin, it may be cooked down after removing peaches. Seal tightly.

SWEET PICKLED FIGS

Large white figs are best to pickle, but the smaller variety may be used. Secure freshly-picked, perfectly sound, not over-ripe figs with stems on. Weigh figs, put in colander, let cold water run over to clean, then wipe each one carefully with a dry cloth. Proceed same as for sweet pickled peaches.

TOMATO CATSUP

1 peck ripe tomatoes
1 qt. vinegar
1 tablespoon whole cloves
1 tablespoon whole allspice
1 tablespoon broken cinnamon bark
1 tablespoon celery salt
½ tablespoon mace
1 pint sugar
1 pint cut-up onions
5 teaspoons salt
1 teaspoon white pepper
¼ nutmeg
Dash cayenne pepper
Dash garlic

Use only fully ripe tomatoes, wash thoroughly, remove stems, cut in small pieces. Peel onions, cut in small pieces before measuring. Add sugar, salt, pepper, garlic and cayenne.

Pour vinegar over all. Tie other spices in thin cloth and drop in vessel. Mix well. Cook over slow fire steadily until done, three to four hours. Stir occasionally to prevent burning at bottom. Mash through fine sieve, and set aside over night to cool. Stir well next morning, then bottle. Cork tight, then cover corks with paraffine or sealing wax.

CHILI SAUCE No. 1

18 large ripe tomatoes
4 large green peppers
4 large white onions
2 cups vinegar
½ cup brown sugar
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon nutmeg
1 tablespoon salt

Scald tomatoes, run cold water over, then rub off skins. Peel onions. Wash peppers, remove stems. Chop all vegetables fine. Add other ingredients. Cook slowly and steadily three to three and one-half hours, until all ingredients are soft and mixture is rather thick. Stir frequently. Put in air-tight bottles or jars.

CHILI SAUCE No. 2

1 peck sound ripe tomatoes
3 cups sugar
4 cups vinegar
3 tablespoons salt
1 tablespoon allspice
1 tablespoon cloves
1½ doz. green peppers
1½ doz. onions
4 red, hot peppers

Scald and peel tomatoes, chop very fine. Grind peppers and onions together. Mix tomatoes, peppers and onions; add vinegar and salt, put in preserving kettle. Tie spices in cheesecloth, drop in vessel. Cook one and one-half hours, not too fast, stirring often. Add sugar, then cook one and one-half hours longer. Stir frequently, especially after sugar is added, to prevent scorching on bottom.

Bottle while hot, cork tightly and cover corks with sealing wax or paraffine.

HODGE PODGE

2 qts. green tomatoes
1 qt. white onions
¾ cup salt
½ cup sugar
6 large green peppers
¼ cup celery seed
½ cup mustard seed
Vinegar

Chop tomatoes, onions and pepper fine after cleaning. Leave seeds in peppers. Mix salt with chopped vegetables, cover and let stand in crock thirty-six hours. Squeeze dry through thin bag. Add sugar, celery and mustard seed. Pour sufficient cold vinegar over to cover well. Put in air-tight jars, set aside at least six weeks to ripen.

PEPPER HASH

24 large green peppers
12 medium size onions
1 tablespoon salt
1 cup brown sugar
2 cups vinegar

Wash and dry peppers, cut off stems. Remove seeds from half the peppers, then grind through meat grinder, pour boiling water over, let stand fifteen minutes, then drain.

Grind onions and balance of peppers with seeds through meat grinder. Mix with drained peppers. Add sugar, salt and vinegar. Cook forty-five minutes until clear and thick, then put in air-tight jars.

INDIA RELISH

12 large cucumbers
3 large green peppers
1 hard head white cabbage
6 large white onions
2 stalks white celery
1 cup brown sugar
1 cup white sugar
¼ cup celery seed
2 tablespoons dry mustard
⅓ teaspoon turmeric
Vinegar

Clean vegetables, leave seeds in two peppers, chop together rather fine. Sprinkle heavily with salt in crock, press with plate, let stand over night. Next morning squeeze from salt water, cover with fresh water, let stand one hour, then squeeze through thin bag to drain.

Turn vegetables in preserving kettle, add sugar, celery and mustard seeds, add vinegar to cover. Cook slowly until vegetables are

tender, about thirty minutes. Add mustard dissolved in a little cold water, cook ten minutes longer. Add turmeric dissolved in cold water, cook ten minutes. Put in air-tight jars.

TOMATO RELISH

6 lbs. sound ripe tomatoes
3 medium size green peppers
3 stalks tender white celery
7 medium size white onions
1 cup sugar
3½ cups vinegar
1 tablespoon salt
⅛ teaspoon cayenne

Clean and wash all vegetables; cut, then run through meat grinder, leaving seeds in peppers. Drain thoroughly. Add balance ingredients, cook about two hours, stirring often until clear and thickened. Seal in glass jars or large mouth bottles while hot.

TOMATO PASTE

1 qt. thick, strained tomato pulp
1 thinly-sliced onion
1 tablespoon mixed spices
½ bay leaf
1 teaspoon sugar
½ teaspoon salt
1 teaspoon paprika

Use fresh, fully-ripe tomatoes; wash thoroughly, cut in pieces, add onion and bay leaf. Cook until perfectly soft, then press through ricer or fine sieve. Tie spices in a small, thin bag, add to pulp with other ingredients. Cook in double boiler, stirring occasionally until paste is thick. Remove spice bag. Pour while hot in sterilized jars or large-mouth bottle. Seal with sealing wax or paraffine.

CORN RELISH

20 ears corn
1 hard head cabbage
4 green peppers
4 large white onions
3 teaspoons celery seed
1 qt. malt vinegar
½ cup salt
2 cups sugar
½ cup flour
½ teaspoon turmeric
¼ lb. dry mustard
1 stalk white celery

Cut corn from cob, run cabbage, onions, celery and peppers through coarse grinder, mix vegetables. Mix flour, turmeric and mustard, add vinegar gradually while stirring. Cook to boiling point, add balance of ingredients and boil thirty minutes, adding more vinegar if necessary to moisten. Put in wide-mouth bottles or jars, and seal.

CHAPTER XLII

SANDWICHES
(And Canapes)

HOW TO PREPARE SANDWICHES

Sandwiches are used to serve with tea, for picnics, school lunches, as appetizers, and as an accompaniment to salads and chafing-dish cookery.

Always use bread one day old in making sandwiches in order to avoid mashing and crumbling.

Always use a very sharp knife for cutting the bread.

Always spread bread evenly with *soft* (not melted) butter when butter is called for.

Trimming off crusts from bread will make the sandwiches daintier. The removed crusts may be used for puddings, egg dipping and other purposes.

Bread for sandwiches may be cut in fancy shapes with biscuit or cookie cutters, oblong or in triangles; the loaf should then be cut lengthwise instead of across as there will be less waste.

Cut bread slices as thin as possible.

If sandwiches are prepared several hours before serving, they may be kept moist by placing on a platter and covering with a napkin wrung out as dry as possible in warm or cold water. Keep platter in refrigerator until serving time.

Sandwiches for school and picnic lunches should be wrapped in waxed or paraffine paper, or placed in waxed paper bags that come for the purpose.

When lettuce is used, be sure that it is well washed, dried and chilled.

Hot sandwiches should never be made until ready to serve, as they become soggy when left standing.

BROWN-BREAD SANDWICHES

It is best to use brown bread steamed in one-pound baking powder cans for these sandwiches. Cut slices not quite as thin as for other sandwiches, butter with soft butter. Put between layers, jelly, grated yellow cheese mixed with chopped nuts, or cream cheese mashed smooth with a little cream or mayonnaise and sprinkled with rolled nuts.

Nice for children's school lunches.

JELLY SANDWICHES

Use any preferred jelly or marmalade, spread between two thin slices of buttered bread.

FRUIT-NUT SANDWICHES

1 cup pitted dates
⅔ cup raisins
⅓ cup pecan meats
½ cup orange juice

Run dates, raisins and nuts together through meat grinder. Stir with orange juice to right consistency to spread. Spread between thin, round slices of brown bread or white bread. Mixture may be kept in air-tight glass jar in refrigerator a week or longer.

Nice for school lunches.

BANANA SANDWICHES

Mash perfectly ripe bananas with a little lemon juice to consistency to spread easily. Spread between slices of thinly-sliced rounds of bread.

NUT SANDWICHES

Mix ground or chopped nuts with sufficient mayonnaise and whipped cream to hold together. Spread with lettuce between thin slices of bread.

DATE SANDWICHES

Remove skin and seeds from dates, rub to smooth paste with sweet cream, add half the quantity rolled pecan meats. Spread between thinly-sliced buttered rounds of bread.

PEANUT SANDWICHES

Grind parched peanuts through meat grinder, or roll fine with rolling pin. Season with a little salt. Spread between thin slices of well-buttered bread.

PRUNE AND PEANUT SANDWICHES

Press cooked prunes through ricer or fine sieve, add sufficient honey to make soft enough to spread; whip light with a fork, then add a few ground, roasted peanuts. Spread between thin slices of whole wheat bread or fresh crackers.

PEANUT BUTTER SANDWICHES

Mix peanut butter with sufficient sweet cream or mayonnaise to right consistency to spread. Spread between thin slices of bread, putting rounds of sliced, stuffed olive or a little lettuce between each sandwich before closing it.

OLIVE SANDWICHES

Mince plain or stuffed olives with an equal quantity green peppers. Add sufficient mayonnaise to make soft enough to spread. Spread between thin, oblong slices of bread.

OLIVE AND CUCUMBER SANDWICHES

Chop, then mix ripe olives and cucumbers. Mash cream cheese smooth, add chopped mixture. Spread with lettuce between buttered squares of bread without crust.

CELERY SANDWICHES

Clean white celery, cover with cold water one hour to crisp. Drain, wipe dry, then chop or mince very fine. Mix with cream cheese or grated yellow cheese. Soften with mayonnaise. Season with salt and pepper and spread between thin slices of buttered bread.

LETTUCE SANDWICHES

Wash and dry crisp lettuce, place between thin slices of buttered bread and spread with mayonnaise dressing; or shred lettuce, mix with mayonnaise and spread.

TOMATO SANDWICHES

Spread thinly-sliced white bread (with or without crust) with mayonnaise dressing, put a lettuce leaf and a large slice of ripe tomato between each sandwich. Sprinkle with a little salt.

TOMATO AND BACON SANDWICHES

Prepare same as tomato sandwiches, putting one or two crisp slices breakfast bacon in sandwich before putting on top slice of bread.

EGG SANDWICHES

5 eggs (boiled hard)
Sandwich bread
Shredded lettuce
Mayonnaise

Cut bread in thin slices in any desired shape. Chop egg whites fine. Press yolks through ricer, mix with whites, add sufficient mayonnaise to make right consistency. Spread with or without lettuce between slices of buttered bread.

EGG AND HAM SANDWICHES

Press hard-boiled eggs through ricer, mix with half the quantity minced or ground ham, add mayonnaise to make right consistency to spread, season with salt and pepper. Spread between thin slices of buttered bread.

FRIED EGG SANDWICHES

Put eggs fried on both sides (a little harder than usual) between two slices of buttered bread, cut a little thicker than for other sandwiches. Sprinkle with salt and pepper, cover with crisp lettuce before closing sandwich, if desired.

CREAM CHEESE SANDWICHES

Mash cream cheese smooth with cream, add a little salt. Add one-quarter cup chopped or ground nuts or finely-chopped pimento. Spread between thin rounds of buttered bread with crust removed.

CHEESE-AND-DATE SANDWICHES

Mash cream cheese smooth with cream, season with a little salt, spread on bread slices, cover with finely-chopped dates or rolled parched peanuts before closing sandwich.

CHEESE-AND-OLIVE SANDWICHES

Mash one cream cheese smooth with one teaspoon butter or rich cream. Add a few drops of Worcestershire, pinch salt, and ten chopped pitted olives. Spread between thin slices of white bread after removing crusts.

SATISFYING SANDWICHES

2 slices rye bread from round loaf
1 large slice boiled ham
1 large, thin slice Swiss cheese
2 tablespoons prepared cold slaw

Butter one slice bread evenly, cover with cheese. Cover cheese with cold slaw, then add ham. Top with other slice buttered bread and press tightly together.

RIBBON SANDWICHES No. 1

Remove crust from one long side of a small loaf sandwich bread. Slice loaf lengthwise in thin slices, removing balance of crust.

Slice a loaf of brown bread in same size slices as white loaf.

Make a filling of cream cheese moistened with a little cream, or with mayonnaise dressing of consistency to spread. Add a few rolled nut meats or chopped pimentos, or use any preferred sandwich filling.

Spread filling on white and brown slices, pressing together in alternate layers. There should be five or six layers. Press together very firmly, then slice with a sharp knife, making slices about half an inch wide, showing dark and white layers alternately.

RIBBON SANDWICHES No. 2

A long loaf sandwich bread is best for these sandwiches. Use bread one day old. Remove crust from one end of loaf, then slice loaf crosswise in one-eighth inch thick slices. Separate slices in lots of four each of equal size. Cut through each four slices at one time, removing the crust from three sides. Spread one slice of each lot with olive filling, one slice with pimento filling, and one slice with American cheese filling, and if desired, the fourth slice may be spread with one of the mixtures.

Press each four slices together, alternating the colors and leaving dry sides of bread on top and bottom. Now hold each four-tier sandwich by crust end, and with a very sharp knife slice the sandwich in four or five narrow strips, cutting off crust from the last strip. When these strips are laid flat, they make a very pretty sandwich.

If not to be used at once, place on a flat dish, cover with a damp napkin and place in refrigerator until ready to serve.

Olive Filling.—Grind olives through meat grinder, drain, mix with sufficient mayonnaise to spread. Add a little green vegetable coloring to make nice green color.

Pimento Filling.—Drain, then chop pimentos very fine, add just enough mayonnaise to spread easily.

American Cheese Filling.—Grind yellow cheese through meat grinder, mix with sufficient sweet cream to make soft enough to spread. Season with cayenne pepper and a little salt if necessary.

Any other preferred filling may be substituted for the above.

CUBAN SANDWICH

Cut large slices of bread, remove crusts, spread with soft butter. Between each two slices lay first a crisp lettuce leaf sprinkled with

salt, then a thin slice of mild yellow cheese, then chopped or thinly-sliced dill pickle; cover with other slice of bread.

CAVIAR SANDWICHES

Add lemon juice to caviar to make right consistency to spread; add one teaspoon very finely-chopped onion, or a few drops onion juice. Spread between thin rounds of bread.

COLD TONGUE SANDWICHES

Trim crust from bread slices, butter one side. Place two fresh lettuce leaves and two thin slices of tongue on buttered bread. Spread thinly with prepared mustard and a bit of mayonnaise. Cover with another slice of bread. Press together, then cut diagonally across. Garnish with a thin slice of sweet pickle.

TURKEY OR CHICKEN SANDWICHES

Cut thin slices of chicken or turkey (white meat preferably). Place between thin slices of buttered bread with lettuce and mayonnaise dressing. A slice of ripe tomato may be used with, or in place of, lettuce.

CHICKEN-SALAD SANDWICHES

Place well-seasoned chicken salad moistened with mayonnaise between thin slices of buttered bread. Place a crisp lettuce leaf on top of salad before pressing sandwich together.

MINCED HAM SANDWICHES

Run cold-boiled ham and stuffed olives together through fine meat grinder. Mix smooth with mayonnaise; spread between thin slices of buttered bread. Potted ham may be used instead of fresh ham if desired.

SARDINE SANDWICHES

Bone and skin sardines. To one can, add one tablespoon melted butter, mash to paste, add one tablespoon lemon juice, a dash paprika and one hard-boiled egg rubbed to paste. Mix well. Spread on very thin slices buttered white or rye bread.

SALMON SANDWICHES

Remove skin and bone from one small can salmon, mash fine, add one-third cup chopped, stuffed olives or dill pickle. Add mayonnaise

dressing to moisten. Season with pepper and salt if necessary. Spread between thin slices of buttered bread, add a crisp lettuce leaf before closing sandwich.

TUNA-FISH SANDWICHES

1 cup canned tuna fish
2 tablespoons finely-chopped celery
Mayonnaise
12 thin slices sandwich bread
12 crisp lettuce leaves

Cream tuna fish with mayonnaise to moisten, add celery, mix well. Put mixture with lettuce between slices of buttered bread.

OYSTER SANDWICHES

1 pint oysters
1 egg yolk
⅓ cup rolled cracker crumbs
2 tablespoons sweet cream
2 tablespoons melted butter
½ teaspoon salt
1 teaspoon lemon juice
Dash pepper

Drain oysters, remove tough muscle, then chop fine. Heat in saucepan to boiling point, remove at once and drain through fine sieve; add salt, pepper, cracker crumbs, butter and cream. Cook, while stirring, until beginning to thicken, then add lemon juice. Stir in beaten egg yolk just long enough to heat through. Remove from fire at once or mixture will curdle. Put in small, flat pan, place on ice four or five hours to chill and stiffen. Spread with lettuce between thin slices buttered bread.

PATE DE FOIES GRAS SANDWICHES

¾ cup fowl liver
¼ cup soup stock or water
2 hard-boiled egg yolks (riced)
2 tablespoons fowl fat
½ teaspoon grated onion
Salt and pepper

Goose, chicken or turkey livers may be used. Heat fat, add livers, chop with side of spoon, then cover saucepan, cook five minutes. Remove cover, add soup stock, cook five minutes longer while stirring and mashing livers with back of spoon. Remove from fire, mash to smooth paste with egg yolks; if necessary, add a little hot fat or soup stock. Add onion, salt and pepper to taste.

Spread on thin triangles or rounds of toast, garnish with border of hard egg whites or finely-chopped parsley.

REUBEN'S PIE SANDWICH

Secure a large round or square loaf fresh rye bread. With a very sharp knife, cut off entire bottom crust. Cut off outer crust around

loaf, then slice off top crust carefully. There will now be a loaf of bread without any crust.

With a very sharp knife, cut across this loaf twice, making three equally thick, round or long slices. Butter these slices with soft butter. Cover one slice thickly with sliced ham or tongue and cover with second slice of buttered bread. Cover this slice thickly with cabbage slaw that has been chopped fine and drained. Cover with the third slice of bread and press together to make loaf. Cover the entire loaf with cream cheese mixed with just sufficient cream to moisten enough to spread evenly. The whole should look like a cake covered with icing. Sprinkle top with rolled pecans. Slice at table with a very sharp knife, like pie or cake.

Caviar filling or crab-meat salad may be used for one layer, and chopped olives mixed with mayonnaise for the other, instead of above filling; or any other desired filling may be used.

PLATE SANDWICH

Secure a large round loaf of rye bread. With a very sharp knife cut off the entire bottom crust, then slice the loaf crosswise in slices not quite so thin as for usual sandwiches. Now take a small individual plate on which the canape is to be served and turn it face down on each bread slice; trim off all bread outside the plate, being careful to remove all crust and leave the canape slightly smaller than the plate. Spread these round slices carefully with very soft (not melted) butter or mayonnaise. Place in the center a round, about as big as a silver dollar, of sardellen paste or of caviar seasoned with lemon juice, then make a circle around caviar of minced olives blended with mayonnaise. Leave a small space, then through a pastry tube press a circle of cream cheese mashed smooth with a little cream. Next leave a small space, then make a circle of chopped smoked salmon or ham. Make another circle around the outer edge of riced hard egg yolks blended with a little mayonnaise. Care must be taken that the circles are symmetrical, they may be marked with smaller saucers or cups. Individual taste must be used in garnishing, often stripes of chopped pimento or chopped beets or riced egg are run out from the center like spokes of a wheel, and the other ingredients placed between the stripes. Any desired filling may be used in making these canapes or open sandwiches.

CLUB SANDWICHES

Allow two slices freshly-buttered hot toast for each sandwich. Broil one large slice raw ham for each sandwich, then cut in half, or use two slices crisp bacon. Have ready one large slice white meat

of chicken or turkey for each sandwich. Have ready one thick slice ripe tomato for each sandwich, also lettuce leaves.

Place a piece of toast on each plate. Cover with lettuce and one tablespoon mayonnaise. Place a slice of fowl in center of toast, a piece of ham or bacon on each side of fowl. Place a slice of tomato on top of fowl, cover whole with buttered toast and cut through whole sandwich diagonally. Serve at once with mayonnaise.

Toast, bacon and ham should be hot, balance of ingredients should be cold.

RUSSIAN CLUB SANDWICHES

Prepare as many slices hot, fresh toast as required. Place a large slice ripe tomato on half the pieces toast, lay two anchovies on top of tomato, sprinkle a teaspoon finely-chopped celery over, top with mayonnaise dressing, then cover with balance of toast.

HAM-AND-EGG SANDWICHES

Slice sandwich bread not quite so thin as for other sandwiches. Butter, but do not remove crusts. Allow one slice ham and one egg for each sandwich.

Broil ham. Fry eggs on both sides. Place a slice of ham, then an egg between two slices of bread. Serve hot.

HOT BEEFSTEAK SANDWICHES

Have butcher remove tendons and trim a tender sirloin steak. Broil under gas flame or over red-hot coal. Season both sides with fresh butter, salt and pepper, then slice in strips and place between warmed, long white rolls or on hot toast. Put a spoonful of the gravy on steak before closing sandwich.

These sandwiches are fine when prepared over a charcoal burner at a picnic or supper party.

HOT-DOG SANDWICHES

Broil and split fresh wiener sausages. Place between hot, buttered, long white rolls, adding a spoonful sauerkraut or piccalilli before closing sandwich.

SCRAPED-BEEF SANDWICHES

Secure a thick piece round steak (top round is best). Wipe off with damp cloth. Scrape meat with the side of a strong spoon or with a sharp knife. Be sure you take up none of the stringy tissue.

Season with salt and pepper, add a little onion juice if not objectionable. Place raw meat between slices of bread or fresh toast.

TOASTED TEA SANDWICHES

Cut thin slices bread without crusts in fancy shapes with cookie cutter. Spread with soft butter, then with orange or grapefruit marmalade, strawberry or raspberry jam. Cover with pieces of buttered bread, then toast sandwiches evenly. Serve hot with tea or chocolate.

MARSHMALLOW TEA SANDWICHES

Use crisp butter thins, spread evenly with cream cheese rubbed smooth with a little cream. Put a fresh marshmallow in center of cheese, then insert a bit of butter in center of marshmallow.

Place on shallow tins in *hot* oven next to flame, just long enough for marshmallow to puff up (not flatten out). Serve at once.

TOASTED CHEESE SANDWICHES

Cut thin slices bread lengthwise from loaf. Remove crusts. Spread first with soft butter, then with grated yellow cheese, then with a thin layer of prepared mustard. Top with another buttered, long slice of bread. Press tightly together, then cut crosswise in three-inch slices. Toast sandwich in oven, browning nicely on both sides. Serve hot with tea or salad course.

FRIED CHEESE SANDWICHES

Slice sandwich bread, not too thin; cut in rounds with biscuit cutter. Grate yellow cheese, add sufficient cream to make right consistency to spread, season with salt and paprika. Spread bread rounds with cheese, put each two together to make sandwich. Pin together with a toothpick. Drop in deep, hot rendered butter or fat. Fry very quickly, remove at once with skimmer, lay on brown paper a moment to absorb grease. Serve hot with chicken salad or tea.

TOMATO WIGGLE SANDWICHES

As may slices sandwich bread as individuals to be served. As many slices tomato cut one-quarter inch thick as bread. Same number slices of bacon cooked crisp and kept hot, one and one-half tablespoons grated yellow cheese for each sandwich.

Toast bread on one side only, then place, toasted side down, on flat tin or toaster. Lay one slice tomato on untoasted side of bread,

sprinkle with cheese. Put underneath flame if using gas stove, or on top rack in hot oven only long enough to melt cheese.

Remove from oven, place one slice hot bacon on top of each sandwich. Garnish with sprigs of crisp parsley and serve at once piping hot.

CANAPES (*See also Appetizers*)

Canapes are made by cutting long bread slices one-quarter inch thick, then cutting slices in strips about one-half inch wide, or in rounds with a biscuit cutter, or cut in fancy shapes. Bread is then either left as it is, buttered and toasted, or fried in deep fat, and covered with any preferred mixture. Canapes are served hot or cold; as an appetizer at the beginning of a dinner, or with a glass of cocktail before entering the dining room, or as open-faced sandwiches for any occasion where sandwiches are served.

CHEESE CANAPES

Mash cream cheese smooth with a little cream, adding salt if necessary. Spread on thinly cut diamond-shaped pieces of buttered sandwich bread. Sprinkle with a border of finely-rolled pecan meats around edge, and put a round slice of olive in center.

No. 2.—Spread center of bread rounds with cheese mixture, place a heart-shaped piece of pimento in center, and border with minced parsley.

No. 3.—Toast triangular pieces of bread, sprinkle thickly with grated yellow cheese seasoned with salt and cayenne. Toast in oven until cheese is melted. Serve at once.

SARDINE CANAPES

Remove skin and bone from sardines, rub to paste, adding a little of the oil from can, a few drops lemon juice and Worcestershire. Spread on rounds of fresh hot toast. Arrange a border of riced, hard-boiled egg yolks or chopped white around each canape.

SMOKED SALMON CANAPE

Spread thin rounds of sandwich bread with soft butter. Cover all but edge of canape with a round piece of red smoked salmon. Make a circle of very finely-minced parsley or riced egg yolks around the edge.

SALMON CANAPES

Cut sandwich bread in rounds, spread with soft butter. Toast delicately in hot oven, then spread quickly with canned salmon

drained, minced and mixed with mayonnaise to right consistency to spread. Place half a stuffed olive in center of each canape and sprinkle riced egg yolks around edge. Serve at once.

SARDELLEN CANAPES

Spread thin rounds of sandwich bread with sardellen paste. Mix cream cheese with sufficient cream to make smooth, then press through a small pastry tube in fancy border around edge.

ANCHOVY CANAPES

Spread heart-shaped pieces of toasted bread with anchovy paste. Make a border of thin strips of red pimento and put a bit of riced egg yolk in center. Serve at once.

CAVIAR CANAPE

Spread small squares of sandwich bread or toast with soft butter, then with caviar moistened with lemon juice and a little grated onion. Sprinkle borders lightly with riced, hard-boiled egg yolks or chopped whites, or chopped cooked beets. Place a round slice of stuffed olive in center of each sandwich.

NUT-AND-OLIVE CANAPE

Cut sandwich bread in triangles. Fry delicate brown in deep, hot fat, removing quickly and draining well. Spread quickly with a mixture of equal parts chopped pecans and chopped olives, blended together with sufficient mayonnaise to spread. Place a small circle of pimento in center and serve at once while hot.

CHAPTER XLIII

CANDIES

Home-made candies, stuffed fruits, sugared and salted nuts are perhaps not so perfectly made, but are purer and more healthful than those that are usually bought as they contain no glucose or other harmful ingredients, and may be eaten with less injurious results than the bought products. However, the wise mother will limit the amount, even of home-made sweets, for the child, as at best large amounts of sugar are more or less harmful when eaten regularly.

With a little experience, anyone may be a successful candy maker, but it requires patience and watchfulness, as the texture and grain depend on the temperature at which the mixture cooks. A candy thermometer simplifies this matter. Sugar and water should only be stirred until well mixed; stirring after it begins to boil makes the candy grainy. The soft-ball stage is reached when a little of the mixture is dropped in ice water and can then be taken up and rolled between the fingers without losing its shape.

To dip marshmallows, caramels and so forth, put them on the end of a hatpin or skewer before dipping in the syrup, then lay on racks or waxed paper to dry.

PEANUT BUTTER FUDGE

2 cups sugar
1 cup evaporated milk
½ cup peanut butter
1½ tablespoons butter
Pinch salt

Mix sugar with evaporated milk until dissolved. Add butter. Stir while cooking, not too fast, until mixture reaches soft-ball stage. Test by dropping a little in ice water. Add peanut butter and salt. Stir just long enough to melt and mix thoroughly.

Remove from fire, beat with a fork or heavy egg whip until smooth, then pour quickly in a well-buttered flat pan to harden. When set, mark in squares with a sharp knife; remove when cold.

COCOA PEANUT BUTTER FUDGE

2 cups sugar
¾ cups milk
¼ cup peanut butter
½ cup cocoa
Pinch salt
Pinch soda

Mix peanut butter and cocoa together in saucepan, add sugar and salt, stir in milk until smooth. Cook over brisk fire, stirring all the time until mixture reaches soft-ball stage. Beat in saucepan with egg whip or fork until beginning to thicken, then pour in buttered, flat pan to harden. When set, mark in small blocks. Remove when cold.

SOUR CREAM FUDGE

½ cup sour cream
½ cup cocoa
1½ cups sugar
1 teaspoon butter
½ teaspoon vanilla

Mix sugar and cocoa well together, stir in cream until smooth. Cook slowly, stirring occasionally. Add butter after cooking fifteen minutes. Continue cooking until mixture reaches soft-ball stage: test by dropping a little in ice water. Remove at once from fire, add vanilla. Beat with a fork or egg whip until thick and creamy.

Pour quickly in well-buttered small square pan. Mark in squares when set. Remove from pan when cold.

CHOCOLATE FUDGE

3 cups sugar
1 cup milk, or evaporated milk
1 teaspoon vanilla
3 squares bitter chocolate (3/16 lb.)
2 tablespoons butter

Mix sugar and milk together in saucepan, add chocolate broken in pieces. Boil, stirring occasionally until mixture reaches soft-ball stage. Just before removing from fire, stir in butter and vanilla. Remove and beat with heavy egg whip or fork until beginning to thicken. Pour at once in well-buttered square pan. When set, mark in squares with a sharp knife, but do not cut through or remove from pan until cold.

COCOA FUDGE

2 cups sugar
¾ cup rich milk
¾ cup cocoa
½ teaspoon vanilla
Butter size of small egg

Stir sugar with milk until dissolved. Cook until mixture comes to good boil, then stir in butter until melted. Add cocoa, stir until mixture reaches soft-ball stage. Remove from fire, add vanilla. Beat smooth and creamy. Pour in small, well-buttered square pan. When set, mark in small squares. Remove from pan when cold.

PECAN MARSHMALLOW FUDGE

½ cup broken pecan meats
4 cups sugar
1 cup cocoa
1¼ cups milk
1 tablespoon butter
1 teaspoon vanilla
¾ cup cut-up marshmallows

Strew marshmallows and pecan meats over bottom of buttered biscuit pan. Place over hot water until marshmallows are softened.

Boil sugar, cocoa and milk together while stirring over slow fire ten minutes. Add butter, continue cooking until mixture reaches soft-ball stage in ice water. Remove from fire, add vanilla and beat until beginning to thicken. Pour quickly over nuts and marshmallows in pan.

When cool, mark in squares with sharp knife. Do not remove from pan until cold.

MILLIONAIRE'S FUDGE

¼ lb. fresh marshmallows
1 cup broken pecan meats
1 tablespoon butter
1 teaspoon vanilla
1 lb. confectioner's sugar
¼ lb. bitter chocolate (scraped)
1 cup sweet cream

Cut marshmallows in quarters, spread over bottom of buttered biscuit pan, place pan over hot water until marshmallows are soft, then sprinkle nut meats over. Mix sugar, chocolate and cream together until smooth. Cook until beginning to thicken. Add butter and vanilla. Stir occasionally until mixture reaches soft-ball stage. Remove from fire, beat until thick, then pour while very hot evenly over nuts and marshmallows. When cold, cut in squares.

BROWN SUGAR FUDGE

2 cups medium brown sugar
1 cup granulated sugar
1 teaspoon vanilla
1 tablespoon butter
Rich milk or evaporated milk

Mix brown and white sugar together in saucepan, stir in just enough milk to cover. Mix well, add butter. Stir while cooking until well mixed, then stir occasionally until mixture reaches soft-ball stage. Remove from fire, add vanilla. Beat until thickened, then pour quickly in buttered pan. When cool, mark in squares. Remove when perfectly cold. Broken pecans may be added when removing from fire if desired.

MAPLE NUT FUDGE

2 cups scraped maple sugar
2 cups granulated sugar
1 cup broken pecan meats
1½ cups milk or cream
2 tablespoons butter
½ teaspoon vanilla

Mix maple sugar, granulated sugar and milk together until smooth. Cook while stirring occasionally until thickened. Add butter and vanilla, stir until mixture reaches soft-ball stage. Remove from fire, beat until beginning to thicken, add nuts. Pour quickly one inch thick in buttered pan. When set, mark in squares. Remove when cold.

MAPLE NOUGAT PATTIES

1 lb. grated maple sugar
2 teaspoons butter
½ teaspoon vanilla
¾ cup sweet cream
1 cup broken walnut meats

Mix sugar with cream until smooth, stir in butter. Cook slowly, stirring constantly at first, then occasionally until mixture reaches soft-ball stage. Add vanilla and nuts when removing from fire. Beat smooth. Drop quickly from tip of tablespoon on well-greased marble slab. Do not remove until cold.

MAPLEINE PATTIES

1½ cups old-fashioned brown sugar
1½ cups granulated sugar
1¼ cups broken pecan meats
¾ cup rich milk or thin cream
2 tablespoons butter
1 teaspoon mapleine
Pinch salt

Mix brown and white sugar together in saucepan, add salt, stir in milk or cream until well mixed. Cook while stirring until beginning to thicken, then add butter. Continue stirring until mixture reaches soft-ball stage. Remove from fire, beat until just beginning to thicken, then add mapleine. Stir in nuts before mixture is thick. Drop with teaspoon or dessertspoon on buttered marble or porcelain table. Remove when cold.

DIVINITY FUDGE

3 cups light brown sugar
¾ cup Karo syrup
1¼ cups nut meats or chopped crystallized fruit
3 egg whites
1 cup cold water

Mix in saucepan sugar, syrup and water. Cook until mixture reaches soft-ball stage. Whip egg whites very stiff and dry, then

add syrup mixture in a small stream, beating all the time until mixture begins to thicken. Stir in nut meats or fruit, continue stirring until creamy. Pour in buttered pan. Cut in squares when cold.

MOLASSES TAFFY

1 qt. cane syrup
2 tablespoons butter
⅓ cup granulated or brown sugar
Small pinch soda

Mix syrup, sugar and butter together in large saucepan. Cook steadily, not too fast, about thirty to forty-five minutes, until mixture reaches soft-ball stage. Stir lightly occasionally to keep from burning at bottom.

Just before removing from fire, stir in soda dissolved in one teaspoon water. Remove from fire, pour in flat buttered platters. When cool enough to handle (not cold), pull until light colored. Grease the hands slightly and dip finger tips in flour. Pull candy with tips of fingers. Place on buttered platters until cold, then cut in pieces with large scissors.

CREAM TAFFY

3 cups sugar
¼ cup vinegar
¾ cup water
1 tablespoon butter
¼ teaspoon cream tartar
1 tablespoon syrup
½ teaspoon vanilla or lemon extract

Mix ingredients, except extract. Cook without stirring until mixture will become brittle when dropped in cold water. Remove from fire, add flavoring. Turn on buttered, flat platters to cool. When cool enough to handle, pull same as molasses taffy.

BUTTER SCOTCH

1 cup sugar
½ cup syrup
½ teaspoon vanilla
¼ cup butter
¼ cup water

Mix ingredients except vanilla. Cook without stirring until mixture will become brittle when dropped in ice water. Remove from fire, add vanilla. Turn in buttered pan. When set, mark in small squares with sharp knife. Remove when cold.

COCOANUT CANDY

1 lb. loaf sugar
½ cup water
⅛ lb. grated cocoanut (fresh or canned)

Boil sugar and water together until it threads. Remove from fire, add cocoanut. Beat until thick and creamy. Pour at once in small buttered pan. When cool, cut in small squares.

MEXICAN PRALINES

2 cups granulated sugar
1 scant cup milk
2 cups broken pecan meats
1 tablespoon butter
1 teaspoon vanilla

Melt half the sugar slowly in skillet until light brown, moving it occasionally with a spoon to hottest part of skillet, being careful not to burn.

While sugar is browning, cook together in another saucepan, ten minutes, balance of sugar, milk and butter. Add melted sugar, stirring constantly while cooking until it reaches soft-ball stage when dropped in ice water. Remove from fire, stir in vanilla and pecan meats.

Beat until beginning to thicken, then drop quickly by tablespoonfuls on greased marble slab.

NUT CARAMELS

1 lb. light brown sugar
1 tablespoon butter
1 cup broken pecan meats
½ cup cold water
½ cup evaporated milk

Mix sugar, water and milk together, add butter. Cook to boiling point, then stir constantly or mixture will curdle. Stir until mixture reaches soft-ball stage. Stir in nuts just before removing from fire. Pour in small, square, buttered pan. When set, cut in squares. Remove when cold.

MALLOW CARAS

3 cups sugar
1 cup rich milk
½ lb. fresh marshmallows
2 teaspoons butter

Mix two cups sugar, milk and butter together in saucepan. Boil hard five minutes, stirring occasionally. In the meantime, melt and brown one cup sugar in an iron skillet, pushing unmelted part always to center until all sugar is brown. Pour this caramelized sugar into the boiling mixture, stirring until it reaches the soft-ball stage.

Remove from fire, beat until beginning to thicken. Dip marshmallows in hot mixture with a metal skewer or hatpin and remove when well covered with caramel. If caramel begins to harden too quickly, place over hot water while dipping marshmallows.

Place on buttered waxed paper or wire rack until hard.

MILK CHOCOLATE MARSHMALLOWS

Secure fresh, soft marshmallows. Use whole or cut in half. Melt milk chocolate in small saucepan over hot water. Dip marshmallows separately on the end of a metal skewer or hatpin, into melted chocolate. Let dry on paraffine paper before handling.

COCOANUT MARSHMALLOW BALLS

½ lb. soft marshmallows
1 cup sugar
⅓ cup cold water
1 small, fresh cocoanut

Grate cocoanut, put in small dish. Mix sugar and water together, cook without stirring until syrup threads. Pick up each marshmallow separately with a skewer or hatpin. Dip in syrup until well covered, then roll at once in grated cocoanut. Place on racks covered with waxed paper until dry.

CREAM MARSHMALLOW MINTS

Sift confectioner's sugar, put in small bowl, stir in gradually just enough sweet cream to make of creamy consistency. Add eight drops essence peppermint for each two cups sugar. Mixture may be left white or colored any desired shade with fruit coloring.

Dip and roll marshmallow halves in mixture, on the end of a skewer or hatpin, until well covered. Place on waxed or paraffine paper until dry.

MARSHMALLOW MINTS

1 cup sugar
⅜ cup cold water
15 marshmallows (cut in half)
7 drops essence peppermint
Fruit coloring (if desired)

Stir sugar and water in saucepan until well mixed. Cook, without stirring, until syrup begins to thread when dropped from spoon (no longer). Remove from fire, add peppermint, also fruit coloring if desired. Beat with egg whip or fork until mixture begins to get creamy.

Dip marshmallows in mixture, then place on waxed paper until cold. The work must be done quickly. If mixture gets too stiff, add a little cold water or unbeaten egg white. For larger quantity, double the ingredients.

MINT PATTIES

2 cups sugar
⅔ cup hot water
4 drops essence peppermint

Sift sugar three times, add water, mix well in saucepan. Boil quickly without stirring until syrup will form a very soft ball when dropped in ice water. Remove from fire, add peppermint and give a few beats with egg whip. As soon as syrup begins turning white, drop at once in tiny cakes on buttered marble or waxed paper.

Do not remove until cold. Any preferred fruit coloring may be added when adding peppermint. When cold, mints should be semi-transparent. Care must be used not to cook or beat too long or mints will be sugary.

AFTER DINNER JELLY MINTS

1½ envelopes Knox Sparkling Gelatine
2 cups sugar
2 tablespoons lemon juice
1⅓ cups water
½ teaspoon peppermint essence
Green coloring
Few grains salt

Soak gelatine in two-thirds cup cold water ten minutes. Put sugar and two-thirds cup water in saucepan, bring to boiling point, add soaked gelatine, let boil twenty minutes. Remove from fire, add lemon juice, peppermint essence and salt. Color desired green shade. Mix well, then turn in square pan (first rinsed in cold water) to one inch in depth. When set, turn on biscuit board, cut in cubes and roll in sifted confectioner's sugar.

POTATO CANDY BALLS

½ lb. blanched almonds
1 egg white (unbeaten)
¾ cup sifted confectioner's sugar
⅛ teaspoon vanilla
Candied cherries
Powdered cinnamon

Grate or grind blanched almonds day previous to making candy, or dry in cool oven after grating same day. Put egg white in mixing bowl, add sugar gradually while stirring until smooth, add vanilla, then stir in almonds. Mix smooth. Shape paste in balls, size of a large marble, enclosing one cherry in center of each ball. Roll balls in cinnamon until lightly covered. Place on paraffine paper until firm.

DATE-NUT ROLL

1½ cups sugar
½ cup milk
1 cup finely-cut dates
3 teaspoons butter
½ cup cut pecan meats
Pecan halves

Mix sugar, milk and butter in saucepan, cook until mixture forms a soft ball dropped in ice water. Remove from fire, stir in nuts and dates, then beat like fudge. As soon as mixture is thick as fudge, turn into a towel that has been wrung dry in cold water. Let stand

until cool (not too cold or roll will crack). Roll up like jelly roll, then cover entire outside of roll with pecan halves. Put aside until cold and firm. Slice like jelly roll when serving.

COOKED FONDANT

Fondant is used as the foundation for almost all French bonbons and creams. It may be kept several days if packed in an air-tight jar, lined with waxed paper.

2 cups granulated sugar
½ teaspoon vanilla
¾ cup water
⅛ teaspoon cream tartar

Put ingredients, except vanilla, in small saucepan, stir until sugar is dissolved. Do not stir at all after syrup begins to cook. Boil slowly, wiping away all crystals that form on sides of pan. Boil until a soft ball forms between the fingers after dropping in cold water.

Pour on lightly oiled platter, board or marble slab; do not scrape out syrup which remains in pan. Let stand a few minutes until cool enough to handle; add vanilla then beat or work in one direction, preferably using a wooden paddle, until mixture forms a smooth, creamy white mass.

Place in bowl or jar and cover with waxed paper until ready for use.

MOLDING FONDANT

Fondant may be molded into various shapes, flavored with various extracts, and colored with different fruit colorings. This makes the candy more attractive.

Balls, crescents, squares, patties and ovals make a pleasing variety.

To Dip Bonbons.—Put as much fondant as required in small bowls or cups, color and flavor as desired, mixing well to get correct shade. Take up nut or fruit centers, each one separately, on the end of a metal skewer or hatpin, then dip or roll in fondant until thoroughly covered. Place bonbons on wire rack to harden slightly before removing.

If fondant gets too stiff, a bit of cream may be stirred in before dipping; if too thin, add a little sifted confectioner's sugar.

STUFFED CREAM DATES

Cut each date with a long gash from end to end; remove pits. Fill cavity with an oblong piece of fondant, letting it extend slightly beyond side of dates. Roll in fine, granulated sugar.

STRAWBERRY CREAMS

Place as much fondant as required in saucepan over a boiler of hot water to soften. Flavor with strawberry extract if desired. Use only selected, clean, large, firm berries with stems. Dip each berry separately by the stem into the fondant until covered. Hold a moment between the fingers to dry, then place on wire rack or waxed paper to harden slightly.

CHERRY CREAMS

Prepare same as strawberries, using either fresh pitted cherries or drained maraschino cherries.

WALNUT CREAMS

Shape fondant in small balls, then press half a walnut in each side of ball. Put aside a few hours to harden.

PEPPERMINT CREAMS

Add a few drops essence peppermint to softened fondant; mix well, then drop in tiny cakes on oiled marble slab or waxed paper to dry.

NUT SQUARES

To flavored fondant, add one cup chopped pecan or walnut meats. Spread in square pan. When cool, cut in squares.

FRUIT ROLL

To vanilla-flavored fondant add equal parts chopped dates, nuts, crystallized cherries, and pineapple. Roll up like small jelly roll. When cool, slice in one-third inch slices.

BURNT ALMONDS

1 cup shelled almonds (not blanched)
1¼ cups sugar
1 teaspoon butter
⅓ cup hot water
½ teaspoon cinnamon
¼ teaspoon vanilla

Heat butter and almonds in oven six minutes, shaking pan during process. Stir sugar and water until dissolved. Cook until beginning to be slightly syrupy, then add cinnamon and nuts. Let cook slowly until syrup is very heavy, then stir briskly until syrup is sugary and nuts well covered.

Turn on paraffine paper; separate nuts when cool.

SUGARED PECANS

1½ cups sugar
½ cup cold water
3½ cups shelled pecans

Mix sugar and water thoroughly; cook over hot fire, preferably in a flat saucepan, until heavy syrup drops from spoon, about eight to ten minutes. Just before syrup looks as if it would turn to sugar, pour in nuts and stir quickly from bottom with a spoon until all nuts are covered with heavy coating of sugar. Turn on platter to cool.

CANDIED APRICOTS

2½ lb. can apricots
⅓ cup water
1 cup sugar

Drain and dry apricots thoroughly from syrup. Cook sugar and water to very thick syrup. Drop in apricots carefully, let cook five minutes. Drain thoroughly from syrup, roll in granulated sugar until thickly covered, then place carefully on cheesecloth in platter. Place platter in warmer of cool oven to dry. This may require four to five hours or longer.

CANDIED ORANGE OR GRAPEFRUIT PEEL

Cut orange or grapefruit peel in thin strips with scissors, after scraping off all bitter white lining. Soak strips in salt water over night. Next morning, drain from salt water, cover with fresh water and boil five minutes. Repeat process three times more, then drain and put peel aside.

Make a syrup (dependent on quantity of peel) allowing one-half cup water for each cup sugar. Cook until syrup threads thickly. Add grapefruit. Stir until syrup is almost evaporated, then drain and roll strips in granulated sugar. Leave on platters until thoroughly dry and crisp.

GLACE NUTS OR FRUITS

2 cups sugar
⅛ teaspoon cream tartar
1 cup boiling water

Put ingredients in a smooth, not too large, saucepan. Mix until sugar is dissolved. Boil without stirring until syrup begins to look yellow. Wipe off sugar crystals that adhere to sides of saucepan. Remove saucepan from fire, place at once in a larger pan of cold water to instantly stop the boiling; then remove from cold water to a pan of hot water to prevent hardening during dipping. Take up nuts separately on a long hatpin, dip in syrup until covered; remove

at once and place on paraffine paper. Hold fruit with hatpin or pincers while dipping.

Candied cherries, fresh strawberries, dates, orange sections or single grapes are the fruits generally used to glace. They keep only one day, and may be prepared with success only in dry weather.

STUFFED DATES

With Peanut Butter.—Mix peanut butter with just sufficient cream to make smooth. Make an incision the whole length of dates, remove pits. Fill cavity with mixture, then reshape dates. Put in refrigerator until ready to serve, or wrap separately in waxed paper for picnic or school lunches.

With Nuts.—Fill cavities with pecans, English walnut halves or whole blanched almonds. Reshape dates, then roll in sifted granulated sugar.

With Marshmallows.—Prepare dates, fill cavities with fresh marshmallow halves, reshape and roll in confectioner's or granulated sugar.

STUFFED FIGS

Steam large, good quality figs in colander or double boiler so that no water touches them. When well puffed up, remove and cool. Stuff with whole, soft marshmallows, pecans or English walnut halves. Press into shape and roll in granulated sugar.

Figs may be soaked in wine or sherry one-half hour, instead of steaming over hot water, if preferred.

SALTED ALMONDS, PECANS OR PEANUTS

½ lb. blanched almonds, pecans or peanuts
1¼ tablespoons butter

Melt butter in shallow pan, when hot, add nuts, mix well. Place pan in hot oven. Shake and stir nuts frequently while browning evenly all over. Remove from oven, sprinkle with salt and rub lightly between hands to glaze. Or drop nuts, only a few at one time, in a small quantity olive oil heated to boiling point in a very small saucepan. Stir constantly while browning delicately. Remove with skimmer, drain well on brown paper. Sprinkle with salt.

POP CORN

Select only large kernels without hard centers. Put corn in a corn-popper (a small quantity at a time). Place over red-hot

coals (no blaze). When corn begins to pop, shake popper briskly from side to side until corn is popped.

If there is no popper convenient, put a small quantity corn each time, in a skillet over red-hot coal fire, put a top on skillet to keep corn from jumping out. When corn begins to pop, shake skillet until all the corn is popped. Serve, sprinkled with salt.

POP CORN BALLS

Measure four cups popped corn and spread closely together on a greased marble slab or flat dish. Cook one-half cup molasses and one teaspoon butter, stirring occasionally, until mixture reaches soft-ball stage.

Pour syrup over corn and mix well by folding over and over with a spoon.

Grease the hands with butter and shape corn in round balls. Do not press too tightly.

This quantity will make three balls.

CHAPTER XLIV

BEVERAGES

Any beverage is a drink of some kind, whether it is served hot or cold. All contain water in more or less quantity. Some are nourishing, some are stimulating. Pure water is the best beverage of all as it helps to carry the waste and poisons from the human system and keep it clean. Milk is the next best beverage. Food scientists tell us that every human being, old or young, would be in better health if they would drink a full quart of milk every day.

Coffee should always be made with water that has just come to its first boil. If the water is allowed to boil long, the beverage will taste stale.

Tea should never be allowed to boil. The boiling water should be poured over it, allowed to stand two minutes to infuse, then stirred and allowed to stand one minute longer and drained off at once. Most people prefer to have the hot water brought to table and the tea placed in a tea ball to be dipped into the cup or pot for two or three minutes. This is the surest way of getting a good cup of tea.

The serving of cream, sugar, or lemon with coffee or tea is a matter of preference to the individual.

BOILED COFFEE

Allow one good tablespoon medium-ground coffee for each cup, and an extra one for the pot. Put coffee in a clean, scalded pot, pour in just enough cold water to wet it. Add one clean, freshly broken egg shell, then pour in desired quantity boiling water. Let boil up eight to ten minutes, shaking pot between each time. Set pot on back of range to clear, about eight to ten minutes.

Serve when clear, with cream and sugar as preferred.

PERCOLATED COFFEE

Allow one good tablespoon finely-ground coffee for each cup water, then an extra tablespoon for the pot.

Place coffee in strainer of percolator. Put strainer in place. Put as much water, either cold or hot in pot as required. Allow to percolate through strainer fifteen to twenty minutes.

Serve with cream or hot milk, and sugar as preferred.

Coffee pot or percolator should be kept thoroughly clean after

each making. Once a week, fill with cold water, add one tablespoon baking soda, let boil ten minutes, then rinse with fresh boiling water.

DRIP COFFEE

1 cup very finely-ground coffee 5 cups freshly boiling water

Place coffee in strainer in coffee pot, add water gradually and allow to boil up. Pour off this infusion three times and pour back over coffee. Serve at once with cream and sugar as preferred.

CAFE AU LAIT

Make coffee by any preferred recipe, either boiled, dripped or percolated, but it should be strong. Strain into a clean, hot coffee pot, add same quantity boiling milk as coffee. Cover closely and let stand three minutes before serving.

DELMONICO COFFEE

Make one quart clear, strong black coffee by any preferred recipe; drain from pot, add one cup rich, sweet cream, let come to good boil, and serve at once with hot rolls or sandwiches.

CAFE NOIR (after-dinner coffee)

For cafe noir (after-dinner coffee), use almost twice as much coffee for the same amount of liquid as when making coffee to serve with cream. Drip coffee is often preferred for black coffee. Serve in after-dinner coffee cups, with or without sugar, as preferred.

ICED COFFEE

Pour fresh, cold coffee in tall glasses half filled with crushed ice. Add sugar and cream to suit individual taste. Top with a tablespoon whipped cream if desired. Ice cream may be used instead of whipped cream if preferred.

HOT TEA

Use best quality preferred tea. The most satisfactory way is to make tea at the table. Put tea in tea-ball or strainer, pour freshly boiling water over while holding ball or strainer over each cup, or put one small teaspoon tea in cup, fill up with freshly boiling water and strain into another cup.

If tea is to be made in an earthen pot, the pot should first be scalded, then drained before putting in tea. Use one teaspoon for

each cup water. Pour fresh boiling water over tea, let stand two minutes, stir with a silver spoon. Let stand one minute longer, then strain and serve immediately, with slices of lemon, or cream and sugar.

ICED TEA

Pour cold tea in tall ice-tea glasses half filled with crushed ice. Serve with sugar and lemon to suit individual taste.

RUSSIAN TEA

Russian tea is usually served at afternoon teas or receptions. Make tea infusion a little stronger than usual, strain into an earthen vessel and chill in refrigerator until ready to serve. When serving, place a large spoonful lemon or orange ice in tall, thin glasses, then fill with cold tea.

HOT COCOA

Use one heaping teaspoon cocoa for each cup, unless it is to be given to a child. Dissolve cocoa in a very little cold milk to make paste, add sugar, using one teaspoon for each cup. Scald quantity milk required in double boiler, add dissolved, sweetened cocoa. Cook while stirring occasionally, fifteen to twenty minutes.

If desired, when serving, a marshmallow may be placed in the bottom of each cup before pouring in cocoa; or a teaspoon whipped cream may be put on top.

HOT CHOCOLATE

Use one tablespoon grated chocolate for each cup milk. Dissolve chocolate in a little milk, add sugar to taste if bitter chocolate is used. Let milk come to boil, stir in dissolved chocolate, cook ten to fifteen minutes, stirring occasionally. Add a spoonful whipped cream to each cup when serving, or top with a fresh marshmallow.

If chocolate is preferred less rich, a little water may be used with the milk.

RICH CHOCOLATE

Pour hot chocolate over beaten yolks of one or two eggs before serving. Mix well.

ICED CHOCOLATE OR COCOA

Use a little more chocolate or cocoa than usual in making beverage. Chill in refrigerator until ready to serve. Serve over crushed

ice in tall, thin glasses over tablespoon rich cream or vanilla ice cream.

CHOCOLATE SYRUP

⅔ cup grated, bitter chocolate
1½ cups boiling water
1½ cups sugar
2 tablespoons cold water
1 teaspoon vanilla

Rub cocoa or chocolate smooth with cold water, stir in boiling water. Add sugar, boil until syrupy (not too thick), about eight minutes, stirring constantly. Remove from fire, add vanilla. Keep syrup in air-tight jar in cool place until ready for use.

INDIVIDUAL CHOCOLATE MILK

1 cup rich milk
2 tablespoons chocolate syrup
¼ glass crushed ice

Shake ingredients well in milk shaker. Serve at once in tall, thin glass. Sprinkle a little grated nutmeg over top if desired.

INDIVIDUAL CHOCOLATE EGG MILK

Make same as chocolate milk, adding one whole egg before shaking.

INDIVIDUAL CHOCOLATE MALTED MILK

1 tablespoon cocoa
2 teaspoons sugar
1 teaspoon malted milk
½ cup cold milk
3 tablespoons hot water
1 egg

Dissolve cocoa in milk, add sugar. Stir while cooking ten minutes (not too thick). Let cool. Dissolve malted milk in hot water, let cool. Pour together in milk shaker with egg and piece of ice. Shake well. Serve at once in tall, thin glass.

MILK SHAKE

1 cup milk
¼ teaspoon vanilla
1 teaspoon sugar
½ cup crushed ice

Put ingredients in milk shaker. Shake until mixture foams on top. Let stand one minute, then pour in tall, thin glass. Serve at once.

MILK PUNCH

1 cup milk
¼ teaspoon vanilla or other flavoring
2 teaspoons sugar
1 egg
½ cup crushed ice

Shake together thoroughly in milk shaker, pour in tall, thin glass, sprinkle a little nutmeg on top and serve at once. Nice for invalids or children.

EGG NOG

5 eggs
½ pint heavy cream (whipped stiff)
5 tablespoons sugar
5 tablespoons whisky or rum
Pinch salt

All ingredients should be cold. Beat egg yolks very light, add sugar gradually, beating until grains do not show. Add liquor gradually while stirring. Add salt to egg whites, whip very stiff, then fold into yolks. Fold in stiffly whipped cream, mix well and serve at once.

Allow one egg for each glass "nog." Use quantity other ingredients in proportion. If "nog" is preferred less thick, add part of the cream without whipping.

KUMYSS

Heat two quarts milk to blood-heat (100°). Add one-half cake compressed yeast and two tablespoons sugar that have been dissolved in a little lukewarm water. Let stand two hours, bottle and let stand six hours in moderately warm room, then place on ice. Kumyss will keep three or four days if kept on ice, but is best made fresh every day or two.

Kumyss is a form of fermented milk and is fine for anyone who has difficulty in assimilating milk in its natural state.

LEMONADE

Use one-half lemon (if large and juicy) for each glass lemonade. Squeeze lemons, strain, add two tablespoons sugar (more or less) for each glass, mix well, then add water and stir well. Serve over finely-crushed ice in lemonade glasses. Drop a maraschino cherry in each glass.

LIMEADE

Make same as lemonade. Limes, being more acid than lemons, require more sugar to sweeten.

HOT LEMONADE

Heat freshly-made lemonade to boiling point, or use boiling water instead of cold in making. Hot lemonade is excellent to relieve a cold, and even more helpful when two teaspoonfuls whisky are added.

ORANGEADE

Make same as lemonade, using one-half orange and one-quarter lemon for each glass. Sweeten to taste. Serve over crushed ice in lemonade glasses. Garnish glass with a sprig of fresh mint or a thin slice of orange.

ORANGE NECTAR

1 cup orange juice
2 cups water
1 lemon (juice)
3 tablespoons sugar
Crushed ice

Squeeze juice from oranges and lemon, add sugar, chill in refrigerator. When ready to serve, add water and crushed ice.

GRAPE NECTAR

2 cups grape juice
1¼ cups water
⅓ cup sugar
½ lemon cut in thin slices
½ orange cut in thin slices

Mix grape juice, water and sugar well together, add sliced orange and lemon. When ready to serve, add crushed ice and serve in thin glasses.

GRAPE JUICE

Use Concord (black) grapes. Pick from stems, discarding all green or spoiled ones. Measure, and for each quart grapes, allow one pint cold water. Cook together until grapes are soft enough to mash well. Squeeze through jelly bag, mashing grapes while squeezing so as to extract every bit of juice. Measure juice, allow three-fourths cup sugar for each cup juice.

Let juice come to good boil. In the meantime, heat sugar in oven, add to juice. Cook until sugar is dissolved, about seven minutes, skimming as necessary.

Pour at once to overflowing in sterilized bottles. Use new corks and seal with sealing wax. When ready to serve, pour over crushed ice and add a little lemon juice. Water may be added to suit individual taste.

GRAPE JUICE LEMONADE

3 cups water
2 cups grape juice
⅓ cup sugar
Juice of 3 lemons

Mix ingredients, pour in pitcher over two cups crushed or shaved ice. Serve at once in tall, thin glasses.

LEMONADE SYRUP

3 cups sugar
3 lemon rinds
3 cups water

Chip off yellow rind from lemons in small pieces, being careful to get no bitter white part. Boil sugar, water, and lemon rind together until syrupy, about fifteen minutes. Strain, cool and keep in air-tight bottle or jar until ready for use. When making lemonade, add two tablespoons syrup and juice of one-half lemon to water and crushed ice for each glass lemonade.

SYRUP FOR FRUIT LEMONADE

6 lemons
2 oranges
1 cup hot water
4 cups sugar
1½ cups cold water

Squeeze juice from oranges and lemons. Boil three cups sugar with cold water without stirring, until beginning to thread. Pour syrup while hot over fruit juice. Add balance of sugar to rinds of fruit, pour hot water over and let steep thirty minutes. Strain and add to fruit juice. Strain mixture into air-tight jars. Will keep in refrigerator two to three days. When ready to serve, dilute with water and serve over crushed ice.

BLACKBERRY SYRUP

3 qts. blackberries
1 pint cold water
Sugar

Wash berries thoroughly. Heat with water without boiling, stir occasionally and mash berries with a wooden potato masher. When thoroughly heated, pour in jelly bag, squeeze to extract all juice. Measure juice, add one-half as much sugar. Cook thirty minutes until slightly thickened. Put in sterilized bottles until ready for use. When ready to serve, pour in thin glasses half filled with crushed ice. A little lemon juice and plain or charged water may be added if desired.

BLACKERRY ACID

Use fresh blackberries, not over ripe. Wash berries and place in stone jar or crock. To six quarts berries, add two quarts cold water in which has been dissolved three and one-half ounces tartaric acid. Let stand forty-eight hours. Drip through jelly bag without squeezing. Measure juice. For each quart, add one pint sugar. Stir until dissolved, then pour into sterilized bottles. Put cork in lightly four or five days, then press in tightly.

Acid will keep indefinitely. Serve over crushed ice. It may be diluted and more sugar added when serving, if desired.

GINGER ALE CUP

4 lemons
1½ cups sugar
2 large oranges
1 qt. ginger ale
Crushed ice
Mint sprigs

Squeeze juice from fruit, mix with sugar. Place in refrigerator several hours to chill. When ready to serve, fill pitcher one-third full with finely-crushed ice, add a few sprigs fresh mint, pour in fruit juice, then add ginger ale, stir well.

Serve at once in thin glasses.

REFRESHING PUNCH

2 cups grape juice
4 cups ginger ale
Crushed ice
Mint sprigs

Fill thin glasses half full with crushed ice. Mix ginger ale and grape juice together, pour in glasses. Place a sprig of mint on top of each glass. Serve at once.

GINGER ALE PUNCH (40 glasses)

12 lemons (juice)
6 cups sugar
3 qts. ginger ale
6 qts. sparkling cider, or 6 qts. loganberry juice
½ gal. orange or lemon sherbet

Mix sugar with just enough cold water to dissolve. Add lemon juice and loganberry juice or cider several hours before serving time. Chill in refrigerator.

When ready to serve, pour in punch bowl over a block of ice and add ginger ale. Leave until ice cold.

Remove ice when beginning to serve and replace with a block of orange or pineapple sherbet. Sherbet may be removed from freezer in a block by wrapping a towel, wrung out in hot water, around freezing can and slipping sherbet into punch bowl. Serve a bit of sherbet in each glass with punch.

CLARET PUNCH (50 glasses)

½ gal. claret wine
24 lemons (juice)
1 cup strong black tea
1 pint maraschino cherries
3 qts. charged water
12 oranges (juice)
1 can sliced pineapple
6 oranges (peeled and cut in small pieces)
Sugar

Mix wine, charged water, lemon and orange juice. Add tea, pineapple cut in small pieces and maraschino cherries with liquor. Add six oranges cut in small pieces. Sweeten to taste.

When ready to serve, pour over a large block of ice in punch bowl from which punch is to be served.

PARTY PUNCH (about 75 glasses)

12 qts. ginger ale
2 qts. strong black tea
1 qt. bottle maraschino cherries
2 doz. oranges
4 doz. lemons (juice)
2 lb. can sliced pineapple
3 lbs. sugar

Dissolve sugar in tea. Add lemon juice, and juice from cherries, pineapple, and half the oranges. Cut balance oranges and pineapple in small pieces, add with all juice to tea. Add cherries. Place in refrigerator until serving time, then add chilled ginger ale. Serve ice cold. Spike if you can obtain the "spike."

EMERGENCY PARTY PUNCH

Stand one-half gallon solid block of lemon or orange ice upright in center of punch bowl. Pour chilled ginger ale over to half fill bowl. Serve ginger ale with ice in punch glasses.

The ice is best frozen in small freezers so that it may be removed as required.

Add cut-up fruits and cherries if desired.

BLACKBERRY WINE

8 qts. berries
2½ pints cold or hot water
4 lbs. sugar
1 cup seeded raisins

Wash berries thoroughly. Crush with bottom of milk bottle or wooden potato masher. Place in large stone jar, cover with water, mix, cover with top and tie with cloth. Let stand three to four days to ferment. Strain through jelly bag, squeezing out all juice. Return to jar, add sugar and raisins. Mix well, cover as before, let stand four weeks, or until convenient to bottle. Stir a few times each week.

Strain through filter paper, or absorbent cotton. Bottle in sterilized bottles, cork lightly five or six weeks, then press in corks and seal with sealing wax or paraffine.

STRAWBERRY WINE

8 qts. strawberries
Sugar

Secure berries that are fully ripe or over-ripe, pick over and wash well, then crush same as blackberries. Place in stone jar, cover and let stand four days to ferment. Strain and squeeze through jelly bag. Add three and one-half pounds sugar for each gallon juice. Return to jar, let stand seven days. Strain and bottle same as blackberry wine. Do not cork tightly for three weeks.

SHERRY WINE

1½ cakes compressed yeast
2 large white potatoes
1 gal. boiled water
3 lbs. seeded raisins
2½ lbs. sugar
1 lb. whole wheat grains

Let water boil, then put aside to cool. Soak yeast in one and one-half cups lukewarm water, stir until dissolved. Wash and peel potatoes, run through meat grinder with raisins, add sugar, then wheat. Mix well. Add dissolved yeast, then stir in gallon water. Put in stone jar, cover and put aside three weeks, stirring every day. Strain, bottle and cork same as blackberry wine.

GRAPE WINE

Use any variety grapes, green, red, and dark grapes may be mixed. Wash and pick from stems. Crush well. Put crushed grapes and juice in stone jar, cover tightly, let stand ten days to ferment. Squeeze through jelly bag. Measure, and for each gallon juice, allow three pounds sugar.

Mix sugar with just enough cold water to cover. Boil until syrupy, then let cool. When cold, add to grape juice, put back in washed jar, cover and let stand ten days longer. Strain until perfectly clear, then bottle. Do not seal bottles for three weeks.

CHERRY WINE

Put cherries through meat grinder after removing pits. For each quart pulp and juice, add two quarts water, one-half quart sugar, and one-half yeast cake dissolved in a little cold water.

Let stand in covered crock until fermenting ceases. Stir occasionally. Strain two or three times until perfectly clear.

Put in bottles without corking tightly for three months, or better still, let stand in wooden keg three months before bottling.

SAUTERNE WINE

1 cake compressed yeast
1 lb. seeded raisins
1 gal. lukewarm water
1 cup lukewarm water
2½ lbs. sugar

Dissolve yeast in cup water. Grind raisins, then mix with sugar well, add dissolved yeast, then add gallon water. Mix well, put in stone jar, cover and let stand six weeks, stirring well once or twice each week. Strain through jelly bag, then through filter paper until clear, or return to clean jar and let stand until convenient to bottle. If left long enough, wine will be clear enough at top to dip off without straining, then strain lower part. Bottle, cork and seal same as blackberry wine.

SCUPPERNONG WINE

1 gal. scuppernongs
3 pints cold water
Sugar

Wash scuppernongs, press each one to burst tough skin, place in stone jar, cover with water, cover jar well, let stand five to seven days to ferment. Squeeze and strain through jelly bag. Measure juice, add half the quantity sugar. Replace in clean jar, let stand seven days. Strain until clear; bottle same as blackberry wine.

PLUM LIQUEUR

Secure perfectly ripe plums, the common yellow or red variety. Wash thoroughly, dry well, and weigh. Allow a little more sugar than one-half the weight of plums. Use air-tight jars. Put alternate layers of plums and sugar in jars. When jars are full, cover with cloth and put on top lightly. Do not seal until fruit stops fermenting, then fasten air-tight and put aside at least three months before using. Drain off liquor, then bottle.

BRANDY PEACHES (without brandy)

Use clingstone peaches, wash, pare and weigh. Allow two-thirds as much sugar as peaches. Put peaches and sugar in layers in jars. Place top on jar but do not seal tightly or jar will burst. Let stand until contents of jar stops bubbling. If liquor does not cover peaches entirely, add more sugar. After all fermentation has stopped and peaches are covered with syrup, seal jar tightly. Let stand three months or longer before using. Peaches may be soft, but liquor will be fine when drained from peaches.

HOME-MADE VINEGAR

Use wide-mouth glass jar or stone crock for making vinegar. Save peeling and cores when cooking such fruit as peaches, apples, or pears. Wash carefully, then place in container in layers. Cover

each layer with cold water. Keep in a warm place, and keep well covered. Add fresh peelings from time to time. Over-ripe fruit, and grape hulls may also be added, but use no spoiled fruit. The scum that forms on top will gradually thicken, this is the "Mother" or vinegar plant that makes the vinegar. When vinegar tastes sufficiently strong, strain first through colander, then through a cheese-cloth bag. Bottle and seal.

CHAPTER XLV

INVALID COOKERY

In preparing food for an invalid, one should bear in mind that it is of utmost importance that the appetite of the patient be tempted. This may best be done by serving in a dainty, pleasing manner.

Large quantities of food should never be served an invalid. The daintiest and prettiest dishes procurable should be used and the linen should be immaculate. A fresh flower adds color and daintiness to the tray. Hot dishes should be served very hot, and cold dishes thoroughly chilled.

Never ask a patient what he or she would like for a meal, but find out from the doctor what he may have, then surprise the invalid by serving something unexpected, nourishing, and dainty.

RICE WATER

2 tablespoons rice
1 pint cold water
Small pinch salt

Wash rice thoroughly, add water and salt. Boil slowly three hours. Add water from time to time so that there is one pint rice water at the end of three hours. Stir from time to time, and strain when done.

BARLEY WATER

2 tablespoons barley flour
1 pint cold water
Small pinch salt

Add water gradually to barley flour, stirring constantly so that it will not lump. Add salt. Boil thirty minutes, stirring constantly, or use a double boiler and stir occasionally. Less barley flour may be used if water is required thinner, or more water may be added while cooking.

OATMEAL JELLY

½ cup oatmeal
1 pint water
Pinch salt

Heat water to boiling point, add salt, stir in oatmeal until well mixed. Cook in double boiler, stirring occasionally. If necessary, add a little more water while cooking. Cook three hours. When process is completed, mixture should look like thin paste. Press

through sieve to remove coarser particles. When cold, a semi-solid mass will be formed which may be reheated when desired.

BARLEY JELLY

Make same as oatmeal jelly, using barley grains instead of oatmeal.

WHEY

Put one pint fresh milk in saucepan, heat until *lukewarm,* remove from fire, add two teaspoons Fairchild's essence of pepsin and stir just enough to mix. Let stand until firmly jellied, then beat with a fork until mixture is finely divided. Strain, and the liquid part is whey, ready for use.

PINEAPPLE JUICE

Secure a large, perfectly-ripe fresh pineapple. Pull or cut off green top, then trim off entire outside rind. Press fruit through ricer or fruit press to extract juice. Strain and serve over crushed ice.

ORANGE JUICE AND EGG YOLK

½ cup orange juice
1 egg yolk

Whip together until well mixed. Be sure to serve very cold.

MILK VEGETABLE SOUP

¾ cup thoroughly-cooked vegetables mashed through fine sieve (peas, asparagus, lima beans, carrots, potato, any or all)
2 cups milk
1 tablespoon butter
1 tablespoon flour
Salt

Mix flour smooth with a little milk. Heat balance milk in double boiler, add butter, then stir in flour paste until well mixed. Add vegetables, salt to taste. Cook, stirring occasionally thirty minutes. If soup is too thick, add a little more milk. For one cup, use half quantity ingredients.

EGG MILK SOUP

1 cup boiling milk
2 teaspoons cold milk
1 egg
Pinch salt

Beat egg very light, add cold milk while stirring briskly, stir in hot milk quickly, add salt. Serve at once very hot in thin china cup, with toasted crackers.

LAMB BROTH

Cut one pound meat from lamb neck in small pieces, add two cups cold water. Cook slowly and steadily three to four hours. Season with a little salt. Peas, carrots, or any preferred vegetable or rice may be cooked along with broth. Strain through fine sieve before serving. Serve hot.

CHICKEN BROTH

Make same as lamb broth, using a frying size chicken or the giblets, wings, necks, and backs of older chickens or hens when chickens are to be used for other purposes. Celery may be added to season. Be careful not to over salt.

Rice may be boiled with broth, or cooked rice may be added fifteen or twenty minutes before serving. Serve hot.

BEEF TEA—METHOD No. 1

1 lb. thick round steak
1 scant pint cold water
Salt

Trim off all fat, skin, and gristle from meat, cut in small pieces. Put in earthenware bowl or crock. Cover with water. Cover bowl. Let stand one and one-half hours. Pour in saucepan (not tin or enamel), let come to good boil, then boil steadily (not too fast) twenty-five minutes. Strain into bowl. Let stand until sediment goes to bottom, then strain off clear part. Add a tiny pinch salt. Place on ice in bottle or jar until ready to serve. Will remain fresh several days. Serve hot or cold.

BEEF TEA—METHOD No. 2

Secure thick top round steak, trim off fat, skin, and connecting tissue, leaving one pound clean beef. Cut in small pieces. Place meat in one-quart mason jar, add two tablespoons cold water. Cover jar but do not screw top tight. Place in deep vessel of cold water, let water in vessel boil steadily and slowly five to six hours. Strain and serve hot or cold as preferred. A pinch salt may be added after cooking.

BEEF JUICE

Take a thick, juicy round steak, cut in pieces about size of large walnut. Place in slightly-buttered pan in hot oven, bake only ten minutes. Remove from pan and press out blood with a lemon squeezer or meat press into a cup set in hot water. Or broil

steak very rare, cut in small pieces, put in lemon squeezer or meat press, and press out every bit of blood, add a tiny bit salt.

Beef juice may be poured over well dried out toast if such is allowed in diet of patient.

SCRAPED BEEF

Broil round steak slightly, over a brisk fire. Split the steak and scrape out pulp, using a dull knife or the side of a heavy spoon.

SCRAPED BEEF BALLS

Secure thick, round, juicy steak, wipe with damp cloth. Scrape off pulp with a dull knife or the side of a heavy spoon. Add a little salt and shape in cakes with the hands, pressing meat as lightly as possible so that balls will not be hard.

Slightly butter a hot frying pan, lay in cakes, broil quickly on one side, then on other. Serve plain or on toast.

EGG FLIP

Beat yolk of one egg with one tablespoon sugar very light, add two teaspoons sherry wine or brandy. Fold in stiffly-beaten egg white. Serve over a little crushed ice in a thin glass.

EGG NOG

Beat one egg yolk very light with three teaspoons sugar. Add tiny pinch salt. Add one tablespoon brandy or sherry wine. Mix well. Add three-quarters cup thin, sweet cream or rich milk. Fold in stiffly-beaten egg white. Serve cold, at once in tall, thin glass. Sprinkle with nutmeg if desired.

MILK SHAKE

Put in milk shaker, one glass rich milk, add one whole egg, one teaspoon or more sugar, two teaspoons or more brandy or sherry wine. Add crushed ice. Shake three or four minutes steadily, then let set one minute to settle. Serve at once while cold. One teaspoon vanilla extract or a little grated nutmeg may be used instead of liquor.

MALTED MILK

3 teaspoons malted milk powder
1 cup milk, or 1 cup water
Salt or sugar

Put malted milk powder in cup, stir in just sufficient water (warm or cold) to make smooth paste by rubbing with a spoon. Add either hot or cold milk or water to fill cup, stirring briskly while adding liquid. Add pinch salt or sugar as preferred. Serve at once in thin china cup with toasted crackers.

MALTED MILK SHAKE

3 teaspoons malted milk powder
1 glass cold milk
1 egg
¼ teaspoon vanilla
Grated nutmeg
Pinch salt

Put malted milk powder in cup, stir in just sufficient milk to make smooth paste by rubbing with a spoon. Stir in balance milk. Put in milk shaker. Add whole egg, salt, vanilla and a little crushed ice. Shake until thoroughly mixed and foamy.

Serve at once in a tall, thin glass with a little grated nutmeg on top.

ORANGE WHIP

Whip white of one egg very stiff and dry, adding a tiny pinch salt and one teaspoon sugar while beating. Squeeze and strain juice of one large orange. Beat one tablespoon orange juice in stiff white. Pour balance of juice in thin glass and pile stiff white on top. Serve at once, ice cold.

GRAPEFRUIT AND ORANGE

1 grapefruit
1 teaspoon sugar
1 large, sweet, juicy orange

Peel grapefruit, remove all white, bitter skin. Separate sections, remove thin skin, seeds and pith, then cut in dice pieces.

Fill a tall, thin glass three-fourths full with grapefruit pieces, sprinkle with sugar if desired.

Squeeze and strain orange juice over grapefruit in glass. Serve ice cold.

BOILED CUSTARD

2 egg yolks
¼ teaspoon vanilla, or 5 drops lemon extract
1 cup milk
2 teaspoons sugar
1 egg white
Pinch salt

Heat milk in double boiler. Beat egg yolks and sugar light, pour in milk gradually, return to double boiler and stir constantly until thickened. Add stiffly-beaten white just before removing from fire. Remove, add flavoring, and chill before serving.

BAKED CUSTARD

1 egg
2 teaspoons sugar
1 scant cup milk
Vanilla, lemon extract, or grated nutmeg
Tiny pinch salt

Beat egg slightly, add milk, salt, sugar and preferred flavoring. Turn into custard cup, set in a pan of hot water. Bake in hot oven, about fifteen minutes, until perfectly "set." Test by sticking a knife in center, if it comes out clean, custard is done. Chill before serving.

JUNKET

2 cups milk
⅛ teaspoon salt
1 junket tablet
2 teaspoons sugar
Flavoring

Warm milk to about body temperature, remove from fire. Crush tablet in spoon, stir into milk with salt, sugar, and flavoring. Mix well, then pour at once in cups or small dishes. Place in warm place (not hot) to "set," then place in refrigerator to chill before serving. Be careful not to disturb junket after it is set, or it will be watery. Junket may be flavored with vanilla or lemon extract, cocoa, or nutmeg, as preferred.

MILK TOAST

Toast two thin slices sandwich bread golden brown. Spread with fresh butter, cut slices in half and place in a soup plate or fancy bowl. Sprinkle one-half teaspoon sugar or more, and a tiny pinch salt over toast, then pour one cup scalding hot milk over all.

Serve at once. If necessary, cover plate to keep contents very hot while taking to invalid.

TOAST MERINGUE

1 egg (fresh)
1 slice fresh toast
½ cup thin, sweet cream
1 tablespoon fresh butter

Separate egg yolk and white. Beat white very stiff and dry. Heat cream to boiling point. Drop whole egg yolk into boiling milk, leave just long enough to "set." Lift yolk carefully and place in center of toast on individual dish and keep hot over hot water. Add butter to hot cream, when melted, add the stiffly-beaten egg white, folding over and over until cream is thoroughly mixed with white and is firm.

Pour quickly over toast and yolk and serve at once very hot.

FLAKED EGGS

2 eggs (fresh)
¼ cup milk
1 slice freshly-toasted bread
Small pinch salt

Break eggs in small bowl, beat just enough to mix whites and yolks. Put milk in individual fryer or small saucepan, over moderate fire. When it comes just to boiling point, add beaten eggs and stir with a spoon from the bottom just long enough to let yolks thicken and whites show through like flakes. Add pinch salt.

Serve on toast or in individual dish garnished with sprigs of parsley.

GLAZED SWEETBREADS

1 set tender sweetbreads
1 teaspoon beef extract
1 tablespoon boiling water
Salt

Secure fresh, tender sweetbreads, clean, cover with boiling water and boil until tender. Drain. Place in individual baking dish. Dissolve beef extract in one tablespoon boiling water, season with salt. Pour over sweetbreads. Bake in hot oven until a thick glaze is formed on sweetbreads. Serve on toast or in individual dish. Garnish with sprigs of parsley.

NEST EGGS

Use only a very fresh egg. Put white and yolk in separate saucers, being careful not to break yolk. Have ready a slice of freshly-buttered golden toast.

Beat egg white very stiff and dry after adding a pinch salt. Cover toast with the stiff white, make a hollow in the center of white with the back of a spoon, then drop whole egg yolk in cavity. Sprinkle a tiny bit salt and drop a bit of butter on top of yolk. Bake in moderate oven on rack until yolk is set and white slightly browned.

FRESH ASPARAGUS

Cut off ends of stalks to tender part. Soak tender part in cold water one hour to crisp. Drain and scrape off outer thin skin. Wash and tie in bundle. Stand tip end up in a small saucepan, cover all except tips with boiling water. Add a little salt, let cook twenty minutes, then turn tip end down and cook ten to fifteen minutes longer.

Drain asparagus from water, place on small individual platter, remove string, pour melted butter over, and sprinkle with a little salt, or serve on fresh toast after dipping lightly in water in which asparagus was boiled.

ASPARAGUS CANAPE

Cut round slices of sandwich bread, about one-half inch thick. Toast evenly on both sides to golden brown, keep hot.

Cook fresh asparagus or use canned asparagus and heat. Cut asparagus in one-inch pieces, place in center of toast. Surround with a border of riced, hard-boiled egg. Cover whole with hot Medium White Sauce (page 159). Serve at once very hot.

CREAMED CHICKEN

¾ cup medium white sauce
½ cup cold, cooked, minced chicken
1 egg white (beaten stiff)
1 tablespoon bread crumbs
Salt to taste

Add chicken, salt and bread crumbs to white sauce, cook in double boiler about fifteen minutes, stirring often. Remove from fire, fold in stiffly-beaten egg white. Turn in two well-buttered ramèkins or a small baking dish. Place in a pan of hot water, cover top with waxed or buttered paper. Bake in moderate oven until firm, about ten minutes.

FAVORITE JELLY

2 tablespoons granulated gelatine
1 pint boiling water
2 lemons (juice)
1 orange (juice)
¼ cup cold water
1 cup sugar
1 cup wine
¼ teaspoon ground cinnamon
Dash allspice

Soak gelatine in cold water ten minutes, pour boiling water over, stirring until dissolved. Add sugar and wine (sherry is best). Add lemon and orange juice and spices. Stir well. Strain through cloth bag. Turn in rinsed mold, place on ice to congeal four to five hours. Serve with or without cream.

LIME WATER

1 cup slack lime or 1 inch cube slack lime
2 qts. cold water

Mix together thoroughly, let stand over night until lime settles at bottom, then pour off clear liquid, strain through clean cheesecloth and bottle for use.

ORANGE ALBUMEN

1 large, juicy orange
1 egg white
Crushed ice

Squeeze orange juice through fine strainer, put in tumbler or milk shaker, add egg white and crushed ice, shake thoroughly until well mixed. Serve at once.

VANILLA JUNKET IN ORANGES

1 pkg. vanilla junket powder
1 pt. milk
3 large oranges
Cake crumbs

Cut in halves three firm, thick-skinned oranges, remove pulp and dampen well the inside of each. Line each with cake crumbs pressed well to sides. Set in muffin-pans or something that will hold them without tipping. Slightly warm the milk, dissolve in it the Junket Powder, carefully pour into the oranges, *holding a spoon inside to catch the milk as it is poured in,* and fill each two-thirds full. Let set until firm, then chill. When serving, fill up with the sweetened pulp and juice of the oranges and, if desired, whipped cream.

ORANGE JUNKET IN CANTALOUPES

1 pkg. orange junket powder
2 cantaloupes
1 pt. milk

Dissolve the Junket Powder in the slightly warmed milk and pour into four dessert cups. Let set until firm, then put in ice box. At serving time cut the chilled cantaloupes in halves, remove seeds, and carefully turn into centers the chilled junket. If edge of junket is loosened from cup with thin knife blade and cantaloupe held over dessert cup and then together they are turned back, the junket will easily slip in. A fine way to serve frozen orange junket.

CHOCOLATE JUNKET ICE CREAM
(Makes Two Quarts)

2 junket tablets
1 qt. milk
½ pt. cream
1 square chocolate
1 cupful sugar
1 teaspoonful vanilla

Take the chocolate, one tablespoonful of the sugar, and about three tablespoonfuls hot water and stir over the fire to a smooth paste. Add milk, rest of sugar, and vanilla. Remove from fire when slightly warm. Dissolve Junket Tablets in spoonful cold water, stir quickly into milk mixture, turn into freezer can, let set in warm room until jellied. Freeze to thick mush, add cream, and finish freezing.

DIET FOR REDUCING WEIGHT

All authorities agree that in trying to reduce weight, it is safer to do it gradually than to starve oneself and weaken the entire system.

Systematic diet and exercise will accomplish wonders without any ill effect on the body.

Abstaining from starches and sweets helps along the good work.

Take one to two cups hot water half an hour before breakfast each morning, adding the juice of half a lemon, or one-half saltspoon of salt to the water.

Breakfast.—Grapefruit, orange juice, one ripe banana, melon, or berries without cream. One slice toasted whole wheat or rye bread or one bran muffin. Coffee or one glass skim milk. One egg (not fried) may be added two or three times each week, or two very crisp slices of bacon may be substituted for the egg.

Luncheon.—Fresh fruit or fruit salad (without rich dressing) two bran or graham wafers. Vegetable salad may be substituted for fruit salad.

Dinner or Supper.—Clear soup (if desired). Fish, lean meat or white meat of chicken, vegetables, salad (no rich dressing). Cooked fruit or gelatine dessert without cream.

Plain ice cream may be taken once a week.

Vegetables that grow above ground, such as string beans, cucumbers, lettuce, tomatoes, spinach, peas, cauliflower, celery and cabbage, may be partaken of freely, provided they are not cooked with rich cream sauces.

Raw vegetable or fruit salads are excellent as they provide the mineral salts and sweets.

Fruit should be baked or stewed without sugar.

Bread should be taken only once a day and thoroughly dried out when toasted. Three small pats of butter may be taken during the week as the system requires some oil.

Water should not be taken with the meal, but liberally between meals.

CHAPTER XLVI

CHAFING DISH COOKERY

The secret of successful chafing dish cookery lies in planning ahead of time and then seeing that all necessary ingredients for the cooking are at hand, so that the "cook" may reach them without moving from the table where she is preparing the dish.

A tray should always be placed under the chafing dish as this prevents the tablecloth from being soiled, or the heat from penetrating the top of the table.

If an alcohol lamp, instead of an electric attachment, is to be used with the chafing dish, be sure to have it filled before the cooking is to begin.

Matches should be in a little tray or box near at hand.

Have at hand also, a long-handled spoon and fork for stirring, spoons for measuring; salt, pepper and other spices for seasoning.

If cheese is to be used, have it grated and ready. Butter may be made into balls, and other ingredients such as flour, spices, etc., should be measured.

When a recipe calls for liquid, the hot water pan should be used under the pan in which the food is to be cooked.

In frying or sauteing, the hot-water pan is not required under the pan.

Chafing dish parties are generally informal affairs, and if the guests are allowed to assist, they will derive more pleasure from the affair.

It is always best to prepare toast in the usual way on a stove and keep it hot until ready to use, but when this is inconvenient the toast may be made on the chafing dish outfit if one has a round asbestos mat. Place the mat over the lighted lamp, then place bread slices on the mat. Watch carefully and brown nicely on both sides. When done, butter evenly, place on a hot platter and keep covered until ready to serve.

WELSH RAREBIT

½ lb. soft yellow cheese (grated)
1 tablespoon butter
1 teaspoon Worcestershire
½ cup cream, ale or beer
1 egg
Pinch cayenne
Pinch dry mustard
Pinch salt

Melt butter in chafing dish, when it hisses, stir in cheese, then add seasonings. Stir in cream, ale or beer, mixing constantly with two

silver spoons, one in each hand, then add egg slightly beaten and serve the minute the rarebit reaches a creamy consistency or it will be leathery. Serve on hot toast or crackers.

SCOTCH RAREBIT

6 hard-boiled eggs cut in large dice
1 tablespoon butter
1½ tablespoons flour
2 tablespoons anchovy paste
½ cup thin cream
½ cup milk
6 fresh toast slices

Melt butter in chafing dish, stir in flour until it bubbles, then add cream and milk, stirring until smooth and thickened; add few grains cayenne, then stir in anchovy paste. Add eggs. Stir gently while simmering two minutes. Serve at once very hot on hot toast.

LUNCHEON TOAST

4 tablespoons minced, cooked ham
4 tablespoons grated yellow cheese
8 tablespoons rich, sweet cream
4 eggs
Salt to taste
Pinch pepper

Brown slices of sandwich bread quickly in hot, rendered fresh butter. Keep hot. Or toast the bread if preferred.

Beat egg light, add cream, then mix with other ingredients. Turn into hot chafing dish and stir until consistency of creamy paste. Spread on toast and serve immediately.

SCRAMBLED EGGS

6 eggs
1 tablespoon butter
2 tablespoons cold water
Salt and pepper

Beat eggs slightly, add water, salt and pepper to season. Melt butter in chafing dish (do not use pan with hot water). When butter hisses, add eggs and stir until desired consistency. Serve on toast, or serve with caviar or sardellen sandwiches.

EGG SANDWICH

1 tablespoon butter
1 tablespoon anchovy paste
6 eggs

Stir butter and anchovy paste while heating in chafing dish. As soon as heated, add slightly-beaten eggs and stir until scrambled to desired consistency. Serve on slices of buttered fresh bread or toast.

GRILLED SARDINES

1 can large sardines
2 cold, boiled eggs (chopped)
Chopped parsley
Buttered toast

Heat chafing dish, lay each sardine in separately, heat thoroughly and brown slightly on one side, then turn on other side carefully with a spatula or broad-blade knife so that sardines will not break. Serve on freshly-buttered toast slices. Garnish with egg and parsley.

PIGS IN BLANKETS

Drain from liquor and wipe dry as many large oysters as required. Season with salt and pepper. Allow as many strips broad, thinly-sliced breakfast bacon as oysters. Wrap a strip of bacon around each oyster, and fasten with a wooden toothpick. Prepare oysters and keep dry in refrigerator until needed.

Heat chafing dish pan very hot, put in the "pigs," shake pan almost constantly, while cooking just long enough to crisp bacon and heat oysters. Serve with toasted crackers and pickles.

Crackers may be toasted ahead and kept in air-tight jars.

RINKTUM DITTY

1 rounding tablespoon butter
1 rounding tablespoon flour
⅓ lb. yellow cheese, grated
1 cup canned tomato soup
Fresh toast slices
Salt and pepper

Melt butter in chafing dish, do not brown. Stir in flour until bubbly, stir in soup gradually, and when thoroughly heated, add cheese. Stir until cheese is melted and mixture thick. Season with salt and pepper. Serve hot on freshly-toasted bread slices.

GIBLET CANAPE

4 chicken livers
4 chicken giblets
1 cup milk
1 tablespoon minced celery
1 teaspoon Worcestershire
2 tablespoons flour
2 tablespoons butter
6 round buns
Salt
Pinch pepper

Any fowl giblets and livers may be used. Cook beforehand in salted water until perfectly tender. Drain and chop or cut in very small pieces. Put aside until ready for use.

Melt butter in chafing dish, add flour, stir until blended, add milk gradually, stirring until smooth and beginning to thicken. Season with salt, pepper, celery, and Worcestershire. Add livers and giblets. Cook five minutes while stirring.

Cut off tops of buns, scoop out centers, then toast golden brown. Fill with cooked mixture, or serve mixture on fresh toast.

Buns or toast should be prepared beforehand and kept hot.

PANNED OYSTERS

1 pint oysters
1 teaspoon salt
¼ teaspoon Worcestershire
2 tablespoons butter
4 or 5 drops lemon juice
Dash pepper

Drain oysters thoroughly. Keep in refrigerator until ready for use. Put butter in chafing dish, when beginning to hiss, add oysters and seasonings. Shake pan occasionally and let cook just long enough for oysters to plump and edges curl. Serve on hot buttered toast.

CREAMED OYSTERS

1 pint oysters
1 cup milk
1 teaspoon salt
¼ teaspoon Worcestershire
2 tablespoons butter
3 tablespoons flour
Dash pepper

Oysters should be well drained in colander and kept on ice. Melt butter in chafing dish, stir in flour until blended, stir in milk until quite thick. Season with salt, pepper, and Worcestershire. Add oysters, let cook just long enough to plump and curl edges. Serve on hot toast or with toasted crackers.

OYSTERS A LA POULETTE

1 pint oysters
3 tablespoons butter
3 tablespoons flour
2 egg yolks
1 cup canned, chopped mushrooms
¼ cup oyster liquor
½ cup mushroom liquor
½ cup sweet cream
2 teaspoons lemon juice
Salt and pepper to taste

Drain oysters in colander, keep on ice and reserve liquor. Melt butter in hot chafing dish, stir in flour until blended, then stir in oyster and mushroom liquor, continue stirring until beginning to thicken. Add cream, salt, pepper and lemon juice, stirring until quite thick. Add mushrooms and oysters, cook just long enough to plump oysters. Add well-beaten egg yolks, stirring just long enough to blend well with mixture. Do not let boil after adding eggs or mixture may curdle. Serve at once on hot toast.

CREAMED CRAB MEAT

½ lb. fresh crab meat
1¼ cups milk
2 tablespoons flour
2 tablespoons butter
¼ teaspoon Worcestershire
Salt and pepper to taste

Melt butter in chafing dish, stir in flour until bubbly, add milk gradually, stirring until mixture begins to thicken. Add seasoning

and crab meat. Set chafing dish over lower pan of hot water, cover and let cook fifteen minutes, stirring occasionally. Serve on hot toast.

CREAMED LOBSTER

1 fresh boiled lobster, or
1 can lobster
1¼ cups rich milk
2 tablespoons butter
2 tablespoons flour
Yolks of 2 eggs
Salt and pepper to taste

Melt butter in chafing dish, stir in flour until blended. Stir in milk gradually until beginning to thicken. Add lobster, salt and pepper. Set pan in lower one of hot water, let cook ten minutes covered. Stir well-beaten eggs into mixture just before removing from fire. Do not boil after adding eggs or mixture may curdle. Serve at once.

If fresh lobster is used, it should be boiled previously and meat picked from body and claws. If canned lobster is used, see that no shell has been left in meat.

CHAPTER XLVII

FIRELESS COOKING

The servant problem is solved in many households by the aid of a fireless cooker. Without a doubt, the fireless cooker is the greatest labor-saving device yet invented.

Food cooked in it requires no watching, no stirring, and no basting after it is once put in the cooker.

There are many good makes of fireless cookers on the market. A cook book of tested recipes is usually given to each purchaser. The following are just a few special recipes of my own that have been successfully tested. Any recipe that is used for cooking on any other stove, may be used for fireless cooking. Be sure to learn how to use your cooker properly before attempting to cook in it.

TO USE FIRELESS COOKER

Prepare everything you are going to cook in the usual way, using the fireless cooking utensils instead of other vessels for holding the food. There are three methods of cooking in a fireless cooker. I prefer to heat both the radiator and the food over flame before putting them in the cooker, as this is the quickest and surest way.

Heat the radiator on top of range, place vessel containing the food on top of radiator, let cook to boiling point or longer, as recipe calls for. Clamp lightly and place quickly with radiator in cooker. Be sure to lose no heat in transferring from range to cooker.

Each make of fireless cooker gives directions for using that particular cooker. Follow these directions closely to get best results.

SOUPS

All soups are made from the juice of meat, fowl and vegetables. The bones of meat or fowl contain a great amount of nourishment, and long cooking in the fireless cooker brings out this nourishment.

SOUP STOCK

Cut two pounds beef (from shank) in small pieces, add all the bones available, cover with three quarts cold water, one-half small

cut onion, one cut carrot, a handful celery. Boil slowly over flame twenty minutes, then place in fireless cooker eight hours, or over night. Strain, and when cold, remove fat.

This stock is the foundation for most meat soups and will keep several days in refrigerator.

Tomatoes may be added when cooking stock, if desired.

OATMEAL

All cereals should be cooked in a double boiler in the fireless cooker. This is easily done by placing one of the smaller vessels containing the cereal, inside one of the larger vessels containing boiling water.

Put one quart boiling water and one-half teaspoon salt in one of the smaller fireless vessels. While water is boiling, stir in gradually one and one-quarter cups oatflakes, cook six minutes, stirring continually until well mixed. Place vessel inside one of the larger vessels filled one-third full with boiling water. Clamp tightly and let cook on stove three minutes, then without removing cover, place quickly in fireless cooker and leave five to six hours or over night. Cereal may be reheated next morning when ready to serve.

Most other cereals are cooked same as oatmeal.

CAROLINA RICE

1 cup rice
1 teaspoon salt
2 cups cold water

Place one radiator over flame to heat. Clean, wash and drain rice. Cover with water, add salt, cook twelve minutes without stirring, until most of water is absorbed. Turn rice in colander, let cold water run through while stirring. Put in small fireless vessel, heat two minutes. Clamp tightly, then place hot radiator with vessel containing rice in fireless cooker. Let remain two to three hours to steam dry.

ROAST BEEF OR CHICKEN

Have butcher remove ribs, roll roast and tie with a cord. Place two large radiators on fire, twenty to twenty-five minutes to heat. Season roast or fowl well with salt and pepper and rub with a little onion. Heat one spoonful butter or drippings in the large fireless vessel, place in roast or fowl and clamp tightly, or if required, fasten second radiator on the top before clamping. Now place one of the heated radiators in the bottom of baking compartment of cooker, then place the aluminum vessel containing roast on this radiator. If

fireless cooker directions have not called for the radiator to be fastened inside the vessel, it must be placed on top. Be sure to clamp top down tightly. Close up cooker.

Time required for food to cook in the fireless is the same as other ovens, but it may be left longer without any ill effect.

BAKED ROUND STEAK

2 lbs. round steak
1 small onion
1 cup canned tomatoes
2 tablespoons drippings
1 tablespoon flour
½ cup cold water
Salt and pepper

Select steak one-half inch thick, pound with wooden potato masher or with a dull knife. Dredge both sides with flour. Heat drippings in large fireless vessel, place in steak, brown quickly on one side, then on other, lay the whole onion on top of meat, add salt and pepper to season well. Add tomatoes and water, let come to boil. Clamp vessel tightly and place with radiator in fireless cooker, same as roast beef. Bake three to four hours. Serve with self gravy.

ROAST LAMB

3 to 4 lbs. lamb roast
1 cup cold water
⅛ teaspoon dry mustard
2 tablespoons drippings
1 onion, chopped
1 tablespoon catsup
2 tablespoons canned tomatoes
1 tablespoon cut celery
Salt and pepper

Season lamb well with salt and pepper, rub with mustard. Heat drippings in large aluminum fireless vessel. Place in meat, add balance of ingredients. As soon as water comes to boil, close vessel tightly and place with radiators in fireless cooker. Let remain three and one-half to four hours, longer will not hurt. Serve with self gravy.

If desired, peeled potatoes may be placed around meat just before placing in cooker.

BAKED BRISKET WITH BROWN POTATOES

3 to 4 lbs. brisket of beef
2 medium size onions
2 tablespoons chopped celery
½ cup canned tomatoes
½ cup cold water
2 tablespoons drippings
Potatoes
Salt and pepper

Heat dripping in large aluminum cooker vessel. Season meat well with salt and pepper, place in hot fat. Brown lightly on both sides. Add celery, tomatoes and water. Place whole onions on top of meat. When water reaches boiling point, add required number

potatoes. Let cook two minutes, then place vessel with hot radiators in fireless cooker. Let remain three and one-half to four hours or longer. Serve with self gravy.

VEGETABLES

All vegetables are practically cooked the same way in a fireless cooker. Prepare vegetables for cooking as usual, add a small quantity cold water (less than fireless cooking instructions call for). Let cook over flame five to ten minutes, then place in cooker on top of a heated radiator. Let remain two to two and one-half hours or longer. When removing from cooker, water (if too much) may be cooked down over flame and any desired sauce or seasoning added.

BAKED APPLES

Secure firm, large apples. Core, wash and prick skins. Place in fireless aluminum vessel, put a spoonful sugar over each apple, and a bit of butter in each cavity. Add one-half to one cup water, dependent on number of apples to be baked. Cook fifteen minutes on fire, place immediately without radiator in cooker, close tightly and let remain two hours. Serve warm or cold.

If syrup is not thick enough, remove apples and set vessel over fire to cook longer.

Apples should be soft, but not broken.

BAKED PEARS

Peel, core and wash medium size cooking pears, place in fireless cooker vessel. Add more sugar than for apples, add a few pieces cinnamon bark. Add cold water to half cover pears. Let cook over flame fifteen minutes, then place in cooker on top of hot radiator. Let remain three hours or longer. Serve cold.

STEWED PEARS

Peel and cut pears in quarters, remove cores. Place in fireless vessel. Add red cinnamon candy sufficient to give red color, add sugar to taste. Add cold water to half cover pears. Let cook twenty minutes over flame. Place in cooker on top of hot radiator. Let remain two and one-half to three hours or longer. Serve cold.

HEAVENLY TART

10 egg whites
1¼ cups sugar (sift 5 times)
1 cup flour (sift 5 times)
1 teaspoon cream tartar
½ teaspoon vanilla
¼ teaspoon lemon extract
Few grains salt

Eggs should be fresh and cold. Add salt to egg whites, beat foamy, sift in cream tartar, beat until stiff and dry. Sift in sugar gradually, folding over and over. Fold in flour gradually. Add flavoring. Turn into two greased layer tins. Follow fireless cooker directions for baking cake.

When cold, put between layers and cover top with boiled icing to which two tablespoons chopped raisins and two tablespoons chopped nuts have been added.

STRAWBERRY PRESERVES

Wash and pick stems from berries, then weigh. Allow one pound sugar for each pound berries. Allow one cup water for each pound sugar.

Cook sugar and water together in aluminum cooker vessel over flame fifteen minutes after it begins to boil. Add berries gradually, shaking vessel so that all berries will be covered with syrup. Let come only to boiling point, then clamp top tightly and place in cooker on top of heated radiator. Let remain two and one-half hours. Place in jars and seal as usual.

PLUM PRESERVES

Wash and weigh plums. Allow one pound sugar for each pound fruit. Place plums in aluminum cooker vessel, barely cover with cold water. Cook over flame fifteen minutes, then place quickly in fireless cooker on top of hot radiator. Let remain four to five hours. When ready to finish preserves, add to sugar one cup water for each pound. Cook over flame until syrup begins to thread. Add a small spice bag while cooking. Remove plums from fireless, drain and add to syrup. Cook thirty to forty minutes slowly, then place in jars as usual.

Add an equal quantity sugar to water in which plums were cooked. Cook quickly until thick enough to jell, then pour in jelly glasses and seal. Use as other jelly.

CHAPTER XLVIII

LEFT-OVER DISHES

LEFT-OVER EGG WHITES

If left-over egg whites are kept covered in a jelly glass or glass jar in refrigerator, they may be used for making white cakes or angel food cake several days after opening them.

LEFT-OVER EGG YOLKS

If egg yolks are left over, they may be used for scrambled eggs by adding one or two whole eggs, and a little milk or water. Care must be taken in cooking as the yolks thicken much quicker than the whole eggs.

EGG YOLKS FOR CAKE

Left-over egg yolks may be used for gold cake. If kept for more than a few hours, a little cold water should be poured over yolks to keep them from getting hard.

LEFT-OVER CHEESE

All the little left-over, dried pieces of cheese may be grated and put in a thoroughly dried, small glass preserve jar with screw top. This cheese may be used instead of fresh cheese over spaghetti or other au gratin dishes.

CHEESE STICKS

Use any rich, left-over pastry. Cut in strips about one inch wide, place in biscuit pan, leaving space between each stick. Bake in hot oven only about half done.

Quickly brush each stick with melted butter and sprinkle with grated cheese, sprinkle with a little salt.

Return at once to oven and brown nicely. Serve fresh with salad.

PASTRY CRISPS

In making pies, there is often a small portion of dough left over. Roll this dough as thin as tissue paper. Cut in three-inch squares.

Mix sugar and ground cinnamon together, sprinkle over squares. Bake in hot oven, crisp and light brown.

Nice to serve as cookies or with tea.

SAVORY SOUP

Melt one tablespoon butter in saucepan (not brown), add two cups milk gradually while stirring, add any left-overs, such as cooked peas, diced carrots or potatoes, lima beans, rice or barley. Add one-half cup left-over soup stock or one-half cup water. Let simmer over slow fire twenty minutes, then add one can tomato soup. Simmer ten minutes longer. Just before serving, add one cup thin cream and let boil up once.

LEFT-OVER CHICKEN

2 cups cooked, chopped chicken, livers and giblets
¼ cup finely chopped celery
1 teaspoon finely chopped onion
2 tablespoons butter
2 tablespoons flour
1 cup cold water
Salt and pepper

Chop giblets and livers very fine, add chopped chicken. Melt butter, stir in flour until blended, add water gradually, stir until thickened. Add celery and onion, cook five minutes, season with salt and pepper. Add chicken mixture. Cook slowly twenty minutes, stirring occasionally.

Serve hot on toast. Garnish with sprigs of parsley.

LEFT-OVER MEAT AND VEGETABLES

Any left-over cooked meat or fowl and vegetables may be used. Cut meat in small pieces, put one-half in bottom of buttered casserole or baking dish, cover with layer of half the vegetables, add one tablespoon chopped onion and one-half cup strained canned tomatoes. Sprinkle with stale, rolled bread crumbs and bits of butter. Repeat a second layer same as first. Season with salt and pepper. Top with buttered bread crumbs. Pour one-half cup left-over soup stock or left-over gravy mixed with one-quarter cup water, over all.

If soup stock or gravy is not convenient, use three-quarters cup water with one teaspoon beef extract or Worcestershire added.

Bake in moderate oven about thirty minutes, browning top nicely.

MEAT IN BEET CUPS

Cook medium size or large beets tender, rub off skin, chill, then scoop out centers, leaving a thick shell.

Chop fine any left-over meat or chicken, add one-fourth as much

finely-chopped celery; season well with salt and pepper. Moisten mixture with melted butter and a little cream.

Fill beet cups with mixture, sprinkle top with bread crumbs and bits of butter. Bake in hot oven about fifteen minutes, while browning lightly.

MEAT IN CASSEROLE

2 cups left-over cooked chicken, or meat, or both
1½ cups left-over rice
1 cup Medium White Sauce (page 159)
1 teaspoon Worcestershire
Salt, pepper
Buttered bread crumbs

Cut meat in small dice. Alternate two layers of meat and rice in buttered baking dish, sprinkle with salt and pepper. Cover each layer with white sauce. Sprinkle top with buttered bread crumbs. Bake twenty-five to thirty minutes in moderate oven.

MEAT SOUFFLE

1½ cups finely-ground, left-over cooked beef
1 cup medium white sauce
2 eggs
Few drops Worcestershire
Salt, pepper

Beat egg yolks very light, add to white sauce, stir in ground meat. Add salt, pepper and Worcestershire. Beat egg whites very stiff, fold into other ingredients. Bake in buttered baking dish in moderate oven, about twenty minutes, browning nicely.

MEAT LOAF

1 lb. ground, left-over, cooked meat
¾ cup cold boiled rice, or riced potatoes
½ cup hot soup stock
½ cup hot water
2 eggs
2 tablespoons catsup
2 tablespoons canned tomatoes
2 tablespoons drippings, or butter
1 teaspoon chopped parsley
1 teaspoon chopped onion
Salt, pepper

Beat eggs light, stir in meat, add soup stock. Add rice or potatoes (if not convenient, cracker crumbs or bread may be used). Add melted butter, onion and parsley. Season highly with salt and pepper.

Turn in small, greased baking pan, shape in loaf, pour catsup, tomatoes and water over top, sprinkle lightly with buttered crumbs. Bake in moderate oven, three-quarters hour, basting occasionally.

If soup stock is not convenient, beef extract dissolved in hot water may be used.

SPANISH STEW

3 cups diced, left-over roast
2 cups left-over gravy, or soup stock
½ cup strained canned tomatoes
1 pkg. spaghetti
½ teaspoon Worcestershire
2 tablespoons butter
2 tablespoons flour
1 tablespoon minced onion
1 tablespoon minced green pepper
2 tablespoons minced celery
Salt and pepper

Melt butter in saucepan, when hot, add onion, then flour, stir until light brown. Add tomatoes, let cook a few moments. Add gravy or soup stock (if not sufficient on hand, water may be added to make required quantity). Stir until smooth, then add tomatoes, Worcestershire, celery and green pepper. Season highly with salt and pepper. Add meat, simmer slowly thirty minutes, or longer, if meat is tough. Thirty minutes before serving, add spaghetti and cook well. Serve very hot and well seasoned.

LEFT-OVER MEAT AND POTATOES

Chop in very small pieces, any part of roast beef not suitable for slicing, season well with salt, pepper and a little grated onion or onion juice. Moisten with left-over roast gravy or well-seasoned left-over soup stock. Heat any left-over boiled or creamed potatoes over hot water, or boil fresh potatoes, mash through ricer, add hot milk to soften, season with salt and pepper and melted butter. Cover bottom of small greased, baking dish with potatoes, put in a thick layer of meat, then cover with a thin layer of creamed potatoes, brush top with melted butter. Bake in hot oven long enough to brown potatoes nicely.

BREAKFAST HASH

Any left-over, cooked beef may be used. Cold roast beef is particularly palatable. Cut meat in dice pieces. Cut white potatoes in dice pieces. Use about two-thirds meat to one-third potatoes.

Heat a little drippings in saucepan, add one-half to one tablespoon chopped onion, when light brown, add one to two tablespoons flour (dependent on quantity of meat), stir until yellow, add potatoes and meat. Season well with salt and pepper. Add one teaspoon finely-chopped parsley. Add sufficient water to just cover meat and potatoes. Cover vessel, stir occasionally while cooking slowly fifteen minutes (or longer if not tender), add one tablespoon canned tomatoes or catsup. Cook ten to fifteen minutes longer, until potatoes are done and meat tender. More water may be added if necessary.

PEPPERS STUFFED WITH MEAT AND RICE

Cut off stems and a thick round slice from tops of peppers. Scrape out seeds and pith carefully so as not to break shells. Cover shells with boiling water, let stand five minutes, then drain.

Grind any left-over raw or cooked meat or fowl with two tablespoons celery. Add one-half as much left-over, cooked rice as meat. Season with salt, pepper, a few drops Worcestershire and two tablespoons melted butter. Fill peppers only two-thirds full with mixture, place in small buttered baking dish. Pour one to one and one-quarter cups cold water in dish, dependent on number of peppers. Drop bit of butter over peppers and in dish. Baste often while cooking in moderate oven, about one hour.

LEFT-OVER MEAT PIE

2 cups left-over cooked meat (cut in small pieces)
3 hard-boiled eggs (sliced)
1½ cups left-over soup stock or gravy
¼ cup cold water
1 tablespoon butter
1 tablespoon chopped celery
1 teaspoon chopped parsley
2½ tablespoons flour
Salt and pepper

Mix meat, celery, parsley, butter and soup stock or gravy together, season well with salt and pepper. Cook fifteen minutes, mash flour smooth with water, add to mixture, cook while stirring until thickened.

Line a buttered baking dish with rich pastry, turn in meat mixture, add egg slices. Cover with top pastry crust, prick with fork to keep from puffing. Brush top with beaten egg yolk. Bake in moderate oven, about thirty minutes. Serve hot.

LEFT-OVER MEAT ASPIC

1½ cups ground, cooked, left-over fowl or meat
½ cup hot soup stock or water
1 can tomato soup
2 tablespoons granulated gelatine
1 tablespoon chopped green pepper
½ tablespoon chopped onion
2 tablespoons chopped celery
1 teaspoon salt
1 teaspoon Worcestershire
White pepper

Soak gelatine in one-quarter cup cold water ten minutes, add hot soup stock or water, stirring until dissolved. Strain. Mix balance of ingredients with meat, season well. Add gelatine mixture. Stir well, turn in rinsed mold or individual molds. Place on ice to harden. Serve with or without mayonnaise.

LEFT-OVER MEAT TURNOVERS

Use any left-over meat or chicken, potatoes or rice. Chop meat fine, mix with rice or potatoes. Season well with melted butter, salt, pepper, minced celery, and a little onion juice.

Cut rounds of biscuit dough one-quarter inch thick. Place meat filling in center and press edges of dough together to keep filling in. Bake in fairly hot oven twenty to twenty-five minutes. Serve hot with any preferred meat or fowl sauce.

JELLIED FISH

1¾ cups left-over, cooked, flaked fish
¼ cup cold water
¼ cup lemon juice
2 hard-boiled eggs (sliced)
1 cup boiling water
1 tablespoon chopped celery
2 tablespoons chopped capers
1 tablespoon granulated gelatine
Salt and pepper

Add capers and celery to fish, season well with salt and pepper. Put alternate layers of fish and egg in rinsed mold. Soak gelatine in cold water ten minutes, pour boiling water over to dissolve. Add lemon juice. Pour in mold over fish and eggs. Cool, then place in refrigerator to harden, three to four hours. Serve with mayonnaise dressing.

HAM MOUSSE

1 tablespoon granulated gelatine
¼ cup cold water
½ cup boiling water
½ cup milk
2 cups left-over chopped ham
⅛ teaspoon salt
1 teaspoon prepared mustard
Few grains cayenne

Soak gelatine in cold water ten minutes, pour hot water over, stirring until dissolved. Add ham. Place pan in ice water and when mixture is cool (not stiff), add seasoning. Add milk, stirring well. Turn in rinsed mold, place on ice to harden. Unmold, garnish with lettuce and serve with or without mayonnaise.

RICE CAKES

1 cup left-over, cooked rice
⅓ cup sifted flour
½ cup milk
1 egg
1 teaspoon sugar
2 teaspoons baking powder
Salt

Mix rice, sugar and salt together, add well-beaten egg. Sift in flour and baking powder together. Stir in milk. When well mixed, drop by spoonfuls on well-greased, hot griddle. Fry brown on both sides. Drop a bit red jelly on top, and serve at once.

BAKED GRITS

1½ cups left-over grits
1¼ cups milk
1 egg
1 tablespoon butter
Salt

Mix ingredients smooth, turn in buttered baking dish. Bake thirty minutes in moderate oven. Left-over cream of wheat or farina may be prepared same as grits.

FRIED GRITS, FARINA OR CREAM OF WHEAT

Turn warm, left-over cereal in flat platter or plate. Place in refrigerator to chill and stiffen. When ready to cook, slice in squares, dip in beaten egg and fry brown on both sides in a little hot butter or drippings. Put a spoonful marmalade or jelly on top when serving, if desired.

FRUIT MERINGUE

Beat left-over egg whites and sugar to make meringue thick and sweet to taste, flavor with a little lemon juice, then cover left-over, baked apples or stewed peaches with meringue. Drop bits of jelly over top and brown lightly in moderate oven. This makes a nice dessert served with or without cream.

APPLE WHIP

Beat left-over egg whites stiff, add one tablespoon sugar and two drops lemon juice for each egg. Press any left-over stewed apples or apple sauce through ricer, fold in beaten whites lightly. Chill. When ready to serve, pile lightly in glasses and garnish with a cherry or bit of red jelly.

FRENCH FLOATING ISLAND

Line a serving bowl with thin slices of stale sponge cake or any plain, stale cake on hand, or with stale lady fingers.

Pour boiled custard over cake. Beat two egg whites very stiff with three tablespoons sugar. Spread over top of custard. Beat one-quarter cup heavy, sweetened cream stiff, drop by tablespoonfuls in spaces over top of egg. Drop bits of red jelly between cream.

FAVORITE DESSERT

3 eggs
3 tablespoons sugar
⅓ cup sugar
3 cups milk (scalded)
1 teaspoon vanilla
1 teaspoon lemon juice
3 lb. can yellow peaches
Stale sponge cake

Cut cake in strips. Beat egg yolks and three tablespoons sugar very light. Add hot milk gradually. Cook in double boiler, stirring until thick. Remove from fire, add vanilla.

Arrange two alternate layers of cake and peaches (cut peaches in half if large) in spring form with removable bottom, or pyrex dish. Pour custard over all.

Beat egg whites stiff, fold in one-third cup sugar, add lemon juice. Pile meringue on top of custard. Bake in moderate oven until top is lightly browned. Serve cold with sweet cream. Lady finger halves may be used instead of sponge cake.

HEAVENLY MOONSHINE

Cover bottom of serving bowl or individual glasses with slices of stale angel food cake, cut two inches thick. Cover cake with drained, diced, canned pineapple. Add three tablespoons raspberry syrup and one teaspoon sugar to one cup water. Cook until slightly syrupy, then pour over pineapple and cake. Set aside to cool. When cold, cover whole with sweetened whipped cream. Place in refrigerator to chill until ready to serve.

CHAPTER XLIX

CANNING OF FRUITS AND VEGETABLES

Successful preservation of food by canning depends on two things, first,—the complete destruction by heat of all life in or on the food, and on all parts of the jar or can that comes in contact with the food. Second,—subsequent care to prevent further entrance of micro-organisms or bacteria. This process is called sterilization.

The sterilization problem may be solved by two different methods. *The cold-pack method,* or *the open kettle method* of canning food.

The Cold Pack Method is so named because the uncooked or partially cooked food is packed in the jar cool. The food material is carefully selected and prepared, then packed in jars or cans, then some liquid, as water, syrup, fruit or vegetable juice, poured in to cover the food in the jar, which is then sterilized a required length of time in a hot water or steam bath. This is called *processing.*

PROCESSING

Place the packed jars in a large vessel or canner on a rack (a wooden one is good) to avoid breaking. Have the water the same temperature as the contents of the jars, letting it come to within one inch of the top of jars. Cover vessel tightly to keep in the steam. Do not count time until water begins to boil; keep it boiling steadily for the time required. Seal jars air-tight promptly at end of processing before removing them from the bath, being careful not to allow a cold draft to strike them or they may break.

Intermittent Processing.—Raise the clamps of each jar at the beginning of each processing to allow for expansion. Seal at close of each processing.

Note: In intermittent processing, the vegetable is processed for one hour on each of three successive days. The time is sometimes reduced to two days with very young string beans and some other more easily sterilized vegetables. It is not possible to state the shortest time which may be used safely because of the varying conditions.

After process is finished, carefully remove jars from kettle, tighten lids and set away to cool out of draft. After twenty-four hours test for sealing. Turn screw-top jars upside down and see if there is leakage. For other jars, release spring and lift top. If the seal is perfect the jar can be lifted without loosening the lid.

If there is a leak in the first instance or if the lid comes off in the second, the food will spoil.

A new top or rubber may be substituted and the jar reprocessed.

The process of boiling on successive days, or intermittent processing, is always employed in scientific canning. The boiling the first day kills all the molds and practically all the bacteria, but does not kill the spore seeds.

While this process of sterilizing by heating food intermittently for several days may be used for all foods, it is not necessary to use for fruits and tomatoes, which are much easier to sterilize because they contain acids, one day's sterilization for a moderate time being sufficient for acid-containing foods.

THE OPEN-KETTLE METHOD

The open kettle method is so called because the food to be canned is cooked in a kettle, and only after complete cooking is it poured boiling hot, into the cans or jars that are to contain it. Unless the can or jar has been first sterilized, and unless the work is carefully done, there is always a chance that the food will become reinfected, and that it may spoil after the jar has been sealed.

TO STERILIZE JARS AND RUBBERS

Wash jars thoroughly, fill with cold water. Place on their sides in a large pan and almost cover with cold water. Heat water gradually to boiling point and let boil ten minutes. Be sure to put jar tops in water. Remove jars with a long fork or skimmer being sure not to touch the inside after sterilizing. Dip rubbers in boiling water on a fork. Do not leave them in water. New rubbers should be used each season.

HOW TO OPEN A JAR

Jars of fruit or vegetables are sometimes hard to open unless it is done just the right way. Run a thin knife blade under the rubber next to the jar and press against it firmly. This will usually let in enough air to release the top. In case it does not, place the jar in a deep saucepan of cold water, bring it to boil and keep it boiling for a few minutes. The jar will then open easily.

BUBBLES INDICATE SPOILAGE

If gas bubbles appear and continue to increase, your food is spoiling and may as well be discarded. However, small bubbles

do not always indicate a fermentation. Observe closely and see whether the food seems to be "working" before discarding. After jars have been tested and found in good condition, they should be stored in a dark, dry place to prevent discoloration of the food and decomposition of rubbers. Watch canned foods rather closely for the first ten days or so for signs of spoiling.

Never attempt to can any vegetable or fruit that has matured and commenced to harden, or that has begun to decay. As a rule, young vegetables are superior in flavor and texture to the more mature ones. This is especially true of string beans, okra, and asparagus.

To use canning recipes intelligently, it will be necessary for the housewife to familiarize herself with a few canning terms.

Blanching is the term used to designate the dipping of the vegetable or fruit into boiling water before the product is put into the container. The fruit or vegetable is placed in a wire basket or in a cheesecloth bag, then plunged into a kettle of boiling water and allowed to remain just long enough, usually five to eight minutes, to loosen the skin from the food.

Blanching gives a more thorough cleansing than ordinary washing, removes the strong odor and flavor from certain foods, and shrinks the article, making it more flexible and thus facilitates the putting up of a full pack. When beans or other green foods are blanched, cooking soda is usually added to the hot water in order to retain the green color.

Cold Dip.—Immediately upon removing the product from the boiling water used in blanching, plunge it into a kettle of cold water, lifting the basket or bag up and down three or four times, then drain. The cold dip helps to keep the product firm and crisp.

Packing in Jars.—Pack the product firmly and closely in jars without crushing, leaving no open spaces. Arrange so that products will look well through the glass.

CANNED STRING BEANS

Select young, tender beans as near one size as possible, remove strings. Place in wire basket or tie in cheesecloth bag. Blanch in boiling water to which one teaspoon soda has been added for each gallon. Dip immediately in and out of cold water to crisp. Pack firmly, lengthwise in glass jars. Add one teaspoon salt to each quart jar. Fill to overflowing with cold water. Put on rubbers, adjust tops, but do not fasten tightly. Place jars carefully on a false bottom in canner containing water same temperature as contents of jars, let water reach two inches from top of jars. Cover vessel with tight cover to prevent steam escaping. Let water come

to boil, then count time and boil steadily two hours one day, or one hour for three days. Follow directions for Processing. Screw tops on jars tightly before removing from canner. Invert jars and test for leakage. Place in cool, dark place free from draft.

PEAS

Select fresh, tender peas. Shell and sort. Put those of same size together. Blanch three to four minutes, then give cold dip. Drain and pack to within one-half inch of top of hot sterilized jars. Add one teaspoon salt to each quart jar, fill to overflowing with hot water. Adjust rubbers and tops; place jars in canner up to neck in hot water. Proceed same as for string beans, using the intermittent processing (three days) as it is safer for peas.

OKRA

Use small, tender, fresh okra. Blanch in soda water, then give cold dip, and proceed same as for string beans, using the intermittent processing of one hour for three days in steam bath.

PUMPKIN

Peel pumpkin, cover with cold water, let come to boil and cook until tender. Mash through ricer or sieve. Pack in jars, adding one-half teaspoon salt to each jar. Process one and one-half hours in steam bath. May be used as vegetable or for pies.

SQUASH

Select tender young squash, prepare and cut in small blocks. Pack in sterilized jars. Add one teaspoon salt to each quart jar and fill to overflowing with cold water. Process same as string beans one and one-half hours for three days.

EGGPLANT

Peel young eggplant, cut in thick slices, blanch and give cold dip. Pack in jars, adding salt and cold water to overflowing. Proceed same as for string beans process one hour for three days.

CORN

Select young corn with tender grains. Remove grains with a sharp knife. Pack in jars, not quite full as corn swells. Add one teaspoon salt and fill to overflowing with cold water. Proceed

as for string beans, processing one hour for three days. It is always safer to process corn three days as it spoils easily.

CANNED BEETS

Select young, tender beets, cut off stems, not too close, scrub clean Cover with cold water and boil about three-quarters done. Drain, dip in cold water. Remove skins, then pack whole or sliced in sterilized jars, add one teaspoon salt and water to overflow each jar. Process two hours.

TOMATOES

Select firm, ripe, sound tomatoes. Blanch and give cold dip. Remove skins and stems. Remove end cores with a sharp-pointed vegetable knife. Pack at once in hot, sterilized jars. Press tomatoes in jars with back of a sterilized spoon to insure a full pack. Add one teaspoon salt and if any juice from over-ripe tomatoes is handy, fill in jars, but do not add any water. Proceed as for string beans, processing one hour in steam bath.

PIMENTOS

Cut pimentos in half lengthwise, remove seeds, or split without separating. Pour boiling water over until softened. Pack in hot sterilized jars, fill jars full with hot water. Process two hours in steam bath.

ASPARAGUS

Remove tough outer skin and wash thoroughly. Blanch tough ends eight minutes, then cold dip. Pack carefully in jars, tip end up. Add one teaspoon salt, and cover with boiling water almost to top. Proceed as for string beans, processing three hours in steam bath.

SOUP MIXTURE

Peel tomatoes, blanch and cold dip, drain and remove skins. Pack in bottom of quart jars one-third depth of jar. Fill jar with layers of okra cut in round pieces, lima beans and tender corn. Add one teaspoon salt and one teaspoon sugar, fill to overflowing with cold water. Process one hour for three days in steam bath.

DIRECTIONS FOR CANNING FRUIT

Fruits may safely be canned by the *Open Kettle Method* on account of their natural acids. The fruit to be canned should be fresh, firm, of good quality, and not over-ripe. After preparing fruit,

weigh and allow sugar and water according to thickness of syrup desired. Whatever the proportion required, bring syrup to boil and let boil five minutes to make a thin syrup, then cook a small quantity of the fruit at a time, so that it may be kept in perfect shape.

Remove fruit carefully from syrup, put in sterilized jars that have been placed in a pan, and add sufficient syrup to fill jars to overflowing. If there is not sufficient syrup, add boiling water as jars must be filled to overflow. Insert a spoon between fruit and jar so that air bubbles may rise to the top and break, then put on rubbers quickly and seal tightly with sterilized covers.

When jars are cold, test covers to see if screwed on tight, then turn upside down to test for leakage. The work of filling jar and sealing must be done while fruit is boiling hot.

Fruit may be canned in heavy, medium or thin syrup, as preferred.

HEAVY SYRUP FOR CANNING FRUIT

Use one quart water to two quarts sugar, stir in saucepan until sugar is dissolved, bring to boil gradually, then boil without stirring four to five minutes before adding fruit.

MEDIUM SYRUP FOR CANNING FRUIT

One quart water to one quart sugar. Cook same as heavy syrup, allowing three to five minutes to boil before adding fruit.

THIN SYRUP FOR CANNING FRUIT

One quart water to one pint sugar. Cook same as medium syrup.

CANNED PEACHES

Select fresh, firm clear-stone peaches, yellow variety is best. Pare only enough to fill one or two jars at a time. Cut in half. If preferred, peaches may be placed in a wire basket, dipped in boiling water long enough to loosen skins, then remove skins and cut in half. Cook at once in medium or heavy syrup as preferred; follow directions for canning fruit.

CANNED APPLES

Wash, pare, quarter and core sound, ripe apples. Cook a few pieces at a time in heavy syrup until soft but not broken. Add a piece of stick cinnamon to syrup while cooking. Follow directions for canning fruit. Seal jars tightly.

CANNED PEARS

Wipe, pare, cut in quarters or halves and core fruit or leave peeled fruit whole if preferred. Follow directions for canning, using medium syrup and adding a few pieces thin yellow lemon rind to syrup while cooking. Bartlett pears are best for canning.

CANNED CHERRIES

Use either large red or white cherries, wash, stem and drain, remove pits if preferred. Follow directions for canning fruit, using heavy or medium syrup.

CANNED PINEAPPLE

Select fresh, ripe pineapple. Remove skin and eyes carefully. Cut in half-inch slices or in cubes, or chop fine.

Follow directions for canning fruit, using heavy syrup, and cooking until fruit is tender. Seal jars tightly.

CANNED BLACKBERRIES

Pick over and wash berries carefully. Make thin syrup, add berries, boil three minutes, then fill sterilized jars to overflowing with berries and syrup. Seal tightly and test for leakage.

CANNED STRAWBERRIES

Use only fresh, firm, ripe berries. Wash carefully, drain and stem. Cook only two quarts at one time in medium or heavy syrup three minutes. Fill in sterilized jars to overflowing. Seal carefully, following canning directions.

CANNED RASPBERRIES

Wash and drain berries carefully. Cook in medium or heavy syrup three minutes. Follow canning directions, filling and sealing jars carefully.

CANNED HUCKLEBERRIES

Pick over and wash berries carefully. Cook same as strawberries in medium or heavy syrup three minutes.

CANNED BLACKBERRIES
(Special Process)

To each twelve quarts blackberries, put aside two quarts in preserving kettle, crush berries with a wooden vegetable masher while

heating. When well heated, squeeze through bag, add four pounds sugar to juice, let come to boiling point, then put aside to cool. Fill sterilized jars seven-eighths full with other ten quarts berries. Shake jar to fill, but do not crush berries. Pour cooked syrup over berries, filling to overflowing. Fasten tops partly, place jars on false bottom in canner, cover tightly and let process in hot water bath one hour before sealing.

SUN-CANNED BERRIES

Pick over selected berries carefully, wash and drain thoroughly. Fill air-tight, sterilized jars with berries, put on rubbers and screw on tops carefully. Place in hot sun on successive days for two or three weeks until juice almost covers berries. Put aside and use for pies, adding sugar same as for fresh berries.

HOW TO SAVE VEGETABLES BY FERMENTATION

Cucumbers, string bean, or cabbage, may be prepared by washing vegetables, packing in clean, water-tight barrel, keg, or crock. Put a layer of dill and a handful mixed whole spices in vessel before putting in vegetables. When vessel is half full, put in another layer of dill and spices, and when almost full, cover with third layer.

Cover with grape leaves, about one inch thick. Press with a clean board and weight down with clean stone or brick.

Make a brine of one pound salt to ten quarts water and two and one-half cups vinegar. Pour in vessel until contents are entirely covered. Let stand twenty-four hours, then dip a cloth in hot, melted paraffine and cover vessel before paraffine hardens to seal tightly.

One or more varieties of vegetables may be packed together. When ready to use, remove from brine and soak in fresh water twelve to twenty-four hours before cooking same as fresh vegetables, or use for pickling.

DRIED LIMA BEANS No. 1

Lima beans may be dried by allowing them to remain on vines until pods are perfectly dry. Remove dry pods from vine, shell, then put in warmer of oven on trays in thin layers thirty minutes, or place in trays in hot oven for ten minutes, being careful to leave oven door open.

Cool, then put in small, paper bags and label. Twist upper part of bag to form a neck, bend over and tie tight with string. The bags should be packed in an air-tight container, such as lard bucket or cracker can.

DRIED LIMA BEANS No. 2

After allowing lima beans to ripen on vines, shell and expose to hot sunshine four or five days in thin layers on trays. Bring trays indoors at night and expose to sunshine during the day.

When thoroughly dry, put in small paper bags, label and place in tin cans.

DRIED OKRA No. 1

Secure small, tender pods of freshly-picked okra. String with a needle on coarse thread. Hang over oven to dry, or dry in hot sun three or four days. Heat in oven a short time before storing in bags.

Dried vegetables should be so dry that it is impossible to press water out of the freshly-cut ends of pieces, yet not so dry that it will snap or crackle.

DRIED OKRA No. 2

Wash and blanch okra three minutes in boiling soda water, one teaspoon soda to one gallon water. Dry two or three hours at temperature one hundred and ten to one hundred and forty degrees in a dryer or oven. If dried in oven, leave door open slightly.

BRINE OKRA

Use young, tender, fresh okra. Wash thoroughly, pack in air-tight glass preserving jars, using alternate layers of okra and salt until jars are full. Cover to overflowing with cold water. Place rubbers on jars, fasten air-tight and put in dark place to preserve color of okra.

CHAPTER L

HOT PLATTER ARRANGEMENT (For Self-Service)

Hot Platter Arrangement is intended for convenience and economy of service in serving dinners or luncheons. The platter, usually containing the main meat dish, is surrounded by vegetables and other accompaniments, thus making the dish not only more attractive, but at the same time saving the inconvenience and extra labor caused by using many small dishes.

Ordinarily only a salad and dessert need be served with the platter to make a delectable meal suitable to be served on any occasion.

The hot foods should be served *hot*. They may be prepared and kept hot until ready to be placed on the platter.

Aspics and cold condiments should be kept in refrigerator and placed on platters only at the last moment, so as to prevent being melted by the hot food near it.

HOT PLATTER No. 1

Fill center of a china or silver platter with small scooped out Potato Balls (page 173), pour melted butter and minced parsley over potatoes. Arrange Potted Squabs (page 149) filled with Chestnut Dressing (page 154) around potatoes. Place a green maraschino cherry on top of each squab. Place between squabs Scalloped Orange Cups (page 549), filled alternately with Orange Jelly (page 327) and Mint Aspic (page 283). Jelly and aspic must be allowed to congeal in cups. Garnish platter with crisp lettuce.

HOT PLATTER No. 2

Place Chicken with Golden Sauce (page 138) in center of platter, surround with a circle of South Carolina Rice (page 545). Place Baked Stuffed Tomatoes (page 221) and cooked String Beans (page 194), arranged in bunches lengthwise, alternately around border. Garnish with watercress.

HOT PLATTER No. 3

Serve this vegetable platter along with meat or fowl. If possible, use a large round platter. Turn a can of well-seasoned, cooked Green

Peas (page 192) in center of platter, encircle with a ring of Lattice Beets (page 212). Surround beets with a ring of Lattice Carrots (page 191). Make a border of hot Creamed Potatoes (page 169) around whole. Sprinkle top of potatoes with minced parsley. Accompany with a bowl of White Sauce (page 159), if desired.

HOT PLATTER No. 4

Fill center of plater with Fried Chicken in Batter (page 137), surround with Saratoga Potatoes (page 171). Arrange thick slices of Broiled Tomatoes (page 219) and Cauliflower Roses (page 210) tastefully around border. Garnish with crisp lettuce.

HOT PLATTER No. 5

Make a Mint Aspic (page 283), let congeal in a large ring mold, Fill center of ring with Potted Quail Stuffed with Oysters (page 149). Arrange hot Rice Timbales (page 547) around border. Top each timbale with a bit of red jelly. Garnish platter with shredded lettuce. Aspic must not be placed on platter until serving time. Add a little more gelatine than usual when making aspic.

HOT PLATTER No. 6

Place a Spinach Ring (page 201) in center of platter. Fill center of ring with Canned Mushrooms a La Creole (page 227), arrange Lobster Cutlets (page 46) and Orange Quarters Filled with Cranberry Jelly (page 560) alternately around border. Garnish with crisp lettuce.

Orange sherbet may be made from scooped out oranges, and served with platter.

HOT PLATTER No. 7

Place a Pot Roast (page 110) in center of platter. Arrange Potato Pancakes (page 515) around roast, placing a bit of red jelly on top of each pancake. Place medium size Cucumber Boats (page 268) filled with Apple Sauce (page 553) lengthwise between pancakes. Garnish dish with watercress. Pass meat gravy in gravy boat, and extra pancakes with platter. The scooped out cucumbers may be made into salad and served with platter.

HOT PLATTER No. 8

Fill center of platter with well seasoned Broiled Birds on Toast (page 148), garnish birds with thin round sliced lemon. Arrange

circle around birds alternately of Jellied Apples (page 554) and Rice Timbales (page 547), placing a bit of jelly on top of each timbale. Garnish rim of platter with crisp lettuce leaves, then place round slices of peeled orange, lengthwise sliced Alligator (Avocado) pear and scooped out cantaloupe balls on lettuce.

HOT PLATTER No. 9

Place Alabama Chicken Fricassee (page 138) in center of platter, surround with a two-inch circle of Broad Noodles Boiled (page 234). Arrange alternately around border, bunches of large, canned asparagus run through Lemon Rings (page 269) and Porcupine Pears (page 556) drained from syrup.

Use three or four pieces asparagus (dependent on size) in each lemon ring.

Garnish platter with fresh parsley sprigs.

HOT PLATTER No. 10

Place Fricasseed Chicken with Oysters (page 139) in center of platter. Surround with circle of Creamed Potatoes (page 169). Arrange Pastry Timbale Cups (page 528) filled with green peas, and asparagus tips through Green Pepper Rings (page 268) alternately around border. Garnish with shredded lettuce.

HOT PLATTER No. 11

This platter is strictly a luncheon platter.

Arrange an oblong mound of Plain Spinach (page 200) in center of platter. Arrange a circle of Poached Eggs (page 531) around spinach. Pour Fresh Mushrooms Sauteed (page 226) over spinach, then place strips of crisp breakfast bacon and parsley sprigs around border.

HOT PLATTER No. 12

Cut small Spring Ducks (page 147) in half, place in center of platter. Surround with circle of Fried Potato Balls (page 169), arrange border alternately of Tomatoes Stuffed with Corn (page 221) and Sweet Potato Timbales (page 180). Garnish dish with endive. Pass duck gravy with platter.

HOT PLATTER No. 13

Place a Noodle Ring (page 235) in center of platter. Fill center of ring with Creamed Oysters (page 96), or Crabs Creamed (page 50), surround with green peas. Arrange hearts of crisp lettuce

around border, then place whole peeled, chilled tomatoes on lettuce. Pass mayonnaise dressing with platter.

HOT PLATTER No. 14

Place whole or half Broiled Chickens (page 135) in center of platter, encircle with French Fried Potatoes (page 170). Arrange Spinach Timbales (page 201) around border, sprinkle timbales with riced, hard-boiled egg, and garnish dish with lettuce. Pass chicken gravy with platter.

HOT PLATTER No. 15

Turn a Rice Ring (page 547) in center of platter. Fill center of ring with sliced Roast Chicken (page 134). Arrange Spinach Timbales (page 201) and Orange Quarters Filled with Cranberry Jelly (page 560) alternately around rice. Saturate chicken with gravy and garnish platter with parsley.

HOT PLATTER No. 16

Place a Planked Steak (page 105) on platter, leaving on plank if preferred. Arrange Baked Stuffed Tomatoes (page 221), Cauliflower Roses (page 210), Potato Roses (page 173) bunches of hot asparagus tips run through Green Pepper Rings (page 268) and bunches of cooked string beans alternately around border. Spread steak with Maitre d'Hotel Butter (page 161) and serve at once.

CHAPTER LI

COLD PLATTER ARRANGEMENT (For Self-Service)

Cold Platter Arrangement is intended for convenience and self-service, especially for Sunday night suppers when the maid is usually off duty. Served with tea or coffee it furnishes the entire meal. Served at guest luncheons it decreases service considerably. Ordinarily only a bouillon and a dessert need be served with the platter to make a delightful meal.

In both instances it eliminates the inconvenience of using many small dishes.

The food, for the most part, may be prepared ahead and kept in the refrigerator until serving time, thus obviating the necessity of the housewife rushing at the last moment to make preparations for the meal.

When cold platters are served, it is well to chill the tray or platter as well as the food, especially in warm weather.

COLD PLATTER No. 1

Place in the center of platter or silver tray an Emergency Tomato Aspic (page 283), that has been molded in ring mold. Place half a scooped out grapefruit shell filled with mayonnaise dressing, in center of ring. Arrange lengthwise, cut halves of large green peppers filled with Crab Meat Salad (page 263) around aspic. Encircle peppers with hearts of lettuce and round, cut, stuffed egg halves. Place small red radishes at intervals between peppers and lettuce. Accompany with hot Toasted Cheese Sandwiches (page 593) or Sardellen canapes (page 595).

COLD PLATTER No. 2

Fill center of plater with cold Chicken Salad (page 261) arranged in oblong mound. Garnish top of salad with alternate rows of riced white and yolk of hard-boiled egg and slices of stuffed olives. Arrange crisp hearts of lettuce and red pimento cups filled with mayonnaise dressing around border. Serve with hot Finger Rolls page 494), hot Luncheon Biscuits (page 506), or Cheese Strips (page 272).

COLD PLATTER No. 3

Place in center of platter a Jellied Vegetable Ring (page 286). Place a silver bowl filled with mayonnaise dressing in center of ring. Encircle ring with Poinsettia Tomato Baskets (page 268) filled with Crab Meat Salad (page 263). Place Caviar Canapes (page 22) around edge of platter and accompany with a plate of other sandwiches.

COLD PLATTER No. 4

In center of platter, place half a scalloped grapefruit shell filled with Thousand Island Dressing (page 277). Encircle shell with individual molded Beef Aspic Jelly with Caviar Eggs (page 284), arrange crisp lettuce around border and place Cucumber Baskets (page 268) filled with Crab Meat Salad (page 263) in spaces between lettuce. Accompany with Cheese Rings (page 271), or Cheese Straws (page 271).

COLD PLATTER No. 5

Place a Fruit Aspic Salad (page 295) molded in ring, in center of platter. Place a mayonnaise bowl filled with Fruit Salad Dressing (page 278) in center of ring. Encircle ring with crisp lettuce hearts and place cold cuts of roast beef and chicken around edge of platter. Accompany with Cheese Dreams (page 510).

COLD PLATTER No. 6

1 can asparagus or tips
12 to 18 medium size, perfect beets
1 can crimson pimento cups
3 cups scooped-out potato balls
2 pkgs. cream cheese
2 heads lettuce
Sweet cream
Mayonnaise dressing

Scrub beets, cook tender, drain, remove skins and chill. When firm, scoop out centers with patent vegetable scoop. Put scooped out balls aside and scrape out cavities in beets to make holes a little larger. Fill cavities with cream cheese that has been mashed smooth with a little cream, allow cheese to extend a little above beet center. Chill in refrigerator.

Scrub and peel potatoes, scoop out required quantity balls. Cook in boiling salted water until tender, but not broken. Drain, place in refrigerator to chill, then marianate in a little French dressing.

Clean lettuce, cut in sections, place on ice to chill. When ready to serve, drain asparagus and turn from can upright, carefully, in center of serving tray. Place some of the lettuce around asparagus to hold it in place, or a bow of ribbon may be tied around asparagus.

Surround lettuce with filled beet cups, then encircle cups with potato balls after draining from dressing. Place balance of lettuce

lengthwise around edge of platter, and place drained pimento cups filled with mayonnaise dressing, and reserved beet balls, at intervals between lettuce. Accompany with a bowl of mayonnaise dressing and cold meat cuts, or caviar and sardellen sandwiches.

COLD PLATTER No. 7

Place in center of platter a Crab and Shrimp Aspic (page 292), molded square or oblong. Place small hearts of lettuce around aspic and alternate with chilled, peeled tomatoes. Encircle whole with sandwiches cut heart-shape. Place pieces of Stuffed Celery (page 270) lengthwise between sandwiches. Accompany with a bowl of mayonnaise.

COLD PLATTER No. 8

In center of platter, place a Clear Tomato Aspic (page 282) molded in ring. Place a bowl of mayonnaise dressing in center of ring. Around aspic, place a circle of flaked, chilled Boiled (white) Fish (page 68). Encircle fish with lengthwise bunches of chilled string beans that have been marinated in French dressing. Garnish platter with crisp lettuce. Put a little mayonnaise dressing on top of fish. Accompany with toasted crackers, fresh rye bread, or Boston Brown Bread and butter.

COLD PLATTER No. 9

In center of platter on a bed of shredded lettuce, place a Cheese Aspic (page 293), molded in melon form. Around cheese, place a ring of small, peeled, chilled tomatoes, filled with Crab Meat Salad (page 263). Encircle whole with Caviar and Sardellen Canapes (page 595). Garnish platter with crisp lettuce. Accompany with a bowl of mayonnaise or cooked salad dressing to which whipped cream has been added.

COLD PLATTER No. 10

In center of platter, place a Ginger Ale Salad (page 294), molded in ring. Place half a scooped out grapefruit shell, filled with mayonnaise dressing mixed with whipped cream, in center of ring. Place lengthwise cut Deviled Eggs (page 540) around ring and garnish platter with small lettuce hearts. Accompany with Fried Cheese Balls (page 270) and toasted crackers.

COLD PLATTER No. 11

In the center of platter, on a bed of lettuce, place a Salmon Mold (page 291), molded in fish mold. Around this place small peeled,

chilled tomatoes topped with riced, hard-boiled eggs. Garnish platter with lettuce and Cheese Carrots (page 269), accompanying with Ribbon Sandwiches (page 588).

COLD PLATTER No. 12

In center of platter, on a bed of lettuce, place a Cucumber and Pineapple Salad (page 288), molded in heart-shape. Around this place lengthwise cut Deviled Eggs (page 540), Cheese Canape (page 594) and Sardellen Sandwiches (page 595). Accompany with mayonnaise dressing flavored with pineapple juice.

COLD PLATTER No. 13

Place a Fish Food Aspic (page 292), molded in ring, in center of platter. Place a bowl of chilled Hollandaise Sauce (page 165), to which fresh crab meat has been added, in center of ring. Around this place a circle of yellow lettuce hearts interspersed with red radishes. Accompany with toasted cheese crackers or sandwiches.

COLD PLATTER No. 14

1 can Bartlett pears
1 large orange
1 large can sliced pineapple
12 green maraschino cherries
Crisp yellow lettuce
Whipped cream
Deviled eggs
Mayonnaise

In center of platter, place a silver bowl with mayonnaise, garnish top with whipped cream pressed through pastry tube. Arrange part of lettuce around mayonnaise dish, place part of pineapple slices on lettuce.

Tint pears lightly with red fruit coloring, place one half pear, cavity side down, on each pineapple slice. Arrange balance of lettuce and pineapple artistically around edge of tray, placing orange slices and green cherries alternately on and between lettuce. Place lengthwise halves of deviled eggs around border. Accompany with Scotch Cream Scones (page 504).

COLD PLATTER No. 15

In center of platter, on a bed of shredded lettuce, place a Chicken Mousse (page 290), molded in oblong mold. Around this place chilled Poinsettia Tomatoes (page 268) and lengthwise cut green peppers filled with cold slaw. Garnish platter with crisp lettuce. Accompany with open sandwiches.

COLD PLATTER No. 16

In center of platter, on a bed of shredded lettuce, place a large, chilled Pineapple Basket (page 267) filled with pineapple cubes, grapefruit cubes, whole pitted red cherries, alligator pear cubes and cantaloupe balls. Have all fruit chilled and mixed with Fruit Salad Dressing (page 278) before placing in basket. Encircle basket with shredded lettuce, then place Cheese Balls (page 270) rolled in nuts, and cantaloupe balls on lettuce.

Accompany with Pate De Foies Gras and Anchovy Canapes (pages 21, 22).

COLD PLATTER No. 17

In the center of platter, place a molded Cucumber and Pineapple Ring (page 288). Fill center of ring with Artichoke and Sweetbread Salad (page 288). Garnish platter with small hearts of lettuce, Cheese Carrots (page 269) and round, red radishes partly peeled. Accompany with Cheese Straws (page 271).

CHAPTER LII

TABLE DECORATION

Table decoration to be most effective should be simple except when elaborate or special occasions demand otherwise.

An overcrowded or heavy appearance should always be avoided, and the arrangement of the flowers or other decoration should never obstruct the vision of the guests seated at the table.

FLOWERS.—A pretty bowl of flowers in the center of the simplest table always lends charm to the meal. Wide shallow bowls are usually preferred to the deeper ones for holding the flowers.

The flowers selected should never be the strongly scented ones, as these are objectionable to many people. It is also well to avoid too many colors in the flowers selected. The exception being when field flowers are used in the summer time for a simple indoor or out-of-door affair, when a variety of colors may be grouped together.

As a rule only one color flower is preferred for table decoration, that color scheme being carried out in the garnishment of some of the dishes served at the meal.

Flowers should never be crowded together in a bowl, the effect being much daintier and more effective when arranged loosely with ferns or leaves.

For more elaborate occasions individual flower holders or candlesticks may be used instead of the center bowls, and low individual bowls of flowers or filled bon-bon dishes placed between the flower holders or candlesticks; graceful sprays of smilax or fern should connect or surround the whole.

At Christmas time no more appropriate table decoration may be found than holly with red berries, or poinsettia leaves arranged gracefully with Boston or asparagus fern or ivy vines. Candlesticks with red candles and shades should be used to carry out the color scheme.

SPECIAL TABLE DECORATION.—When a dinner is given to honor some special guest who has won distinction in some special walk of life, the table decoration should be appropriate to the occasion. For a naval officer the center decoration might be a ship placed on a large mirror, then the mirror banked with fern or vines. Appropriately colored ribbons with place cards attached could extend from the ship to the seat of each guest. Or a small toy vessel might be placed in a bowl of water and banked with flowers and greens.

A very delicate and beautiful luncheon table for a bride is one

covered with white satin, then a beautiful wedding veil of fine old lace laid over the satin. Upon this is placed two silver epergnes. For the center-piece use a low bowl filled with small pink primulas, with a few pussy willows supporting southern gray moss which should also be draped over the epergnes. The place plates should be of soft translucent glass with iridescent tints.

A most charming luncheon table has a covering of pink gauze over a white cloth. The center-piece is a low white translucent bowl filled with pink roses. The place plates are of white china with a broad pink border. The goblets are of pink translucent glass.

A unique and attractive table for a steak party is covered with a brown linen cloth. American-made pottery plates and tumblers are placed upon it, and a large pottery bowl filled with purple flowers is used for the center-piece.

TABLE LINENS.—Should be of the best quality that one can afford, and should always be immaculately laundered.

CHAPTER LIII

FACTS WORTH KNOWING

If door hinges are rubbed with a feather dipped in oil, they will not creak.

Alcohol will remove varnish stains from fabric.

Kerosene will remove rust from bolts and bars.

Equal parts of *Turpentine* and *Ammonia* will remove paint stains from fabric if rubbed on gently, then rinsed with warm water and white soap.

If bureau drawers are difficult to pull out, rub the edges with soap.

To Clean Marks From Wall Paper, rub spots gently with a piece of stale bread on which powdered chalk has been sprinkled.

If Dry Salt is sprinkled over soot that has fallen on the carpet, and is swept along the grain, all trace of the soot will disappear. The process may have to be repeated several times.

Coffee Stains (with cream) may be removed by applying pure glycerine, then rinse spot with lukewarm water.

To Remove Tar From Clothing, rub lard well into the spot, then rinse with warm water and white soap.

Buttermilk will remove mildew stains.

An Old Broomstick with a large hook screwed in the end will help to draw down a shade that has run to the top.

To Prevent Brass Articles from tarnishing, apply a thin varnish of gum shellac and alcohol.

Oilcloth and *Printed Linoleum* may be kept like new for years if varnished with a good varnish each year. Wash linoleum in tepid water, then wipe with a cloth wrung out in equal parts cold water and milk.

To Remove Iron Rust, cover stain with salt, then moisten with lemon juice and expose to sunlight.

A Piece of Pumice Stone will remove brown streaks from granite or porcelain vessels.

Before Removing the Cap from milk bottle, be sure to wash the mouth of the bottle.

Salt thrown on the fire once a day prevents soot from accumulating in flues.

When Using Fine Vases for table decoration, fill the bottoms with sand before putting in the water. This will prevent them being knocked over.

Clean Satin Slippers with denatured alcohol.

Ink Stains on linens may be removed with chloroform.

To remove *Fruit Stains* from table linen, place part with stain over a bowl and pour boiling water over, then expose to sun for a while before washing with white soap and warm water.

A Piece of Coke or Charcoal kept in the corner of the refrigerator will keep food sweet and absorb all smells. Renew every three or four weeks.

Cornmeal mixed with Gasoline sprinkled on carpets and rugs, and left an hour, will make them look fresh when swept off with a clean broom.

If Raw Apples or apple peelings are kept in a tin cake box, it will help to keep cake fresh. Fine to keep fruit cake moist.

To Remove Grease Spots From Garments Without Leaving a Ring.—Add one teaspoon salt to one cup gasoline, saturate a piece of flannel with this, rub the spot thoroughly, then rub dry with a clean piece of flannel. It is best to put a piece of blotting paper or cloth under the garment when rubbing spot as the moisture will be absorbed more quickly.

To Get Rid of Ants.—Take a large sponge, wash it, then squeeze dry. This will leave the cells open. Sprinkle sponge with white sugar and place it where the ants congregate. When the sponge is filled with ants, drop it in boiling water to kill the insects, then wash sponge, put sugar on again, and place where needed.

To Keep Ice in a Sick Room.—Put a square of loose woven flannel over the mouth of a pint or quart mason jar, letting the bag drop inside the jar, but not touch the bottom. Keep the flannel in place by putting a rubber band around the neck of jar. Put broken or crushed ice in the flannel bag, then screw on top of jar. The water will drip in the jar as ice melts, and the ice will last a long time.

To Keep Dishes From Slipping when placed on ice, put a piece of paper or a rubber ring used for fruit jars under the dish or bowl.

To Save Freezing Salt.—Pour the ice and salt, after freezing cream or pudding, into a sack or box. After ice is melted, dry the salt and use again with fresh salt for freezing.

For Chopping Meat and Vegetables.—Lay on a flat board on kitchen table, and chop with a sharp, heavy knife. This method is better than using a chopping bowl.

Household Ammonia in warm water keeps flannels soft when washing; brightens silver when added to hot water in which it is washed; also helps to clean brushes when washing.

To Crystallize Flowers, add one scant tablespoon cold water to one egg white, beat just enough to allow to flow from a camel's hair brush. Brush over the petals and leaves of the flowers with

this mixture, then sift fine granulated sugar over each petal and leaf and shake gently to rid of excess sugar.

To Prevent Pecans From Breaking in small pieces when cracking them, soak nuts in boiling water. Leave until water is cold, drain, and dry before cracking.

MENU SUGGESTIONS

BREAKFAST MENUS

Oranges
Cereal with cream
Breakfast bacon Buttered toast
Coffee or milk

Sliced bananas with cream
Bran muffins Poached eggs
Coffee or milk

Halves of grapefruit
Griddle cakes, maple syrup Crisp bacon
Coffee or milk

Orange juice
Pop overs with preserves Boiled eggs
Coffee or cocoa

Stewed prunes
Calves' liver with bacon Hot biscuits
Coffee or postum

Halves of grapefruit
Waffles with maple syrup Breakfast bacon
Tea or coffee

Orange juice
Ham and eggs Cornmeal muffins
Coffee or cereal coffee

Sliced peaches
Oatmeal with cream
Scrambled eggs Broiled chicken livers
Milk or coffee

Halves of cantaloupe
Hominy grits or uncooked cereal with cream
Soft-boiled eggs Hot muffins
Coffee or tea

Sliced oranges
Buckwheat cakes with maple syrup Crisp breakfast bacon
Crisp buttered toast
Coffee or postum

Berries with sugar and cream
Ham and eggs Boiled grits
Hot biscuits
Tea or coffee

Orange juice
Cooked cereal with cream
Breakfast bacon Baked potatoes
Coffee or cereal coffee

Halves of grapefruit
Uncooked cereal with cream
Scrambled eggs Sliced tomatoes
Buttered toast
Coffee or cocoa

Berries with cream
Codfish cakes Sliced tomatoes
Hot biscuits
Tea or coffee

Fresh figs with cream, or berries with cream
Jelly omelet Sliced tomatoes
Hot muffins with honey
Coffee or milk

Grapes and peaches
Waffles with honey Breakfast bacon
Coffee or cocoa

Halves of cantaloupe
Cooked cereal with cream
Poached eggs on toast Chicken livers
Coffee or milk

Baked apples
Uncooked cereal with cream
Whole wheat biscuits Boiled eggs
Coffee or cocoa

Raspberries or blackberries
Milk toast Steam poached eggs
Spare ribs
Coffee or milk

Orange or other fruit
Poached eggs with crisp bacon Sliced tomatoes
Bran muffins
Coffee or postum

Halves of grapefruit
Cereal with cream
Egg omelet Broiled ham
Hot rolls
Coffee or milk

Baked apples
Cereal with cream
Bacon and eggs Parker House rolls
Coffee or postum

Sliced peaches and grapes
Sausage meat cakes Baked potatoes
Buckwheat griddle cakes
Coffee or tea

Berries or other fruit
Cereal with cream
Omelet Hashed brown potatoes
Buttered toast
Coffee or milk

SIMPLE LUNCHEON MENUS

Lamb chops
Baked potatoes
Cornmeal muffins
Sliced oranges

Creamed dried beef
Lettuce and tomato salad
Bran muffins
Peaches and cream

Asparagus omelet
Lettuce and tomato salad with mayonnaise
Bread and butter sandwiches
Sliced, ripe peaches with cream
Iced tea, cocoa, or milk

Spinach with egg
Pineapple and grapefruit salad
Luncheon biscuits
Tea or milk

Salmon salad
Creamed potatoes
Baked custard
Tea

Broiled ham
Baked apples
Graham bread
Iced tea

Stuffed eggs
Sliced tomatoes
Whole wheat muffins
Buttermilk

Cold sliced meat (left over)
Vegetable salad
Graham bread and butter
Cooked prunes
Cocoa or milk

Poached eggs on toast
Baked tomatoes
Biscuits with butter
Stewed apples
Tea or buttermilk

Chicken salad sandwiches
Sliced tomatoes
Potato chips
Cocoa or tea

Creamed asparagus on toast
Jelly sandwiches
Sliced oranges or peaches
Cocoa or tea

Crab meat salad
Baked potatoes
Toasted crackers
Baked apples

Waffles with honey or maple syrup
Sliced peaches with cream
Cookies
Cocoa or milk

Scrambled eggs
Sliced tomatoes
Hot muffins
Stewed pears
Buttermilk or cocoa

Oyster stew
Asparagus salad
Cheese sandwiches
Tea

Hash (from left over meat)
Cabbage slaw
Baked custard
Corn bread
Buttermilk

Bunny nest eggs
Lettuce and tomato salad
Potato chips
Cooked prunes

Broiled sweetbreads
Lettuce with mayonnaise
Spoon bread
Buttermilk

Eggs au gratin
Sliced tomatoes
Toasted crackers
Tea

Fish à la Broadmore
Sliced tomatoes
Waffles with maple syrup
Tea

Eggs English fashion
Lettuce salad
Graham bread
Tea or coffee

Baked sweetbreads
Vegetable salad
Cream cheese sandwiches
Coffee or cocoa

Mushroom omelet
Tomato salad
Hot biscuits
Cocoa

Florentine eggs (with spinach)
Celery salad
Boiled custard
Cookies
Tea or cocoa

Panned oysters
Scalloped potatoes
Lettuce salad
Graham bread
Tea or coffee

GUEST AND PARTY LUNCHEONS

Whole pear salad Crisped round crackers
Salted almonds Mints
Fillet pompadour
New potatoes with chopped parsley Spinach toast
Asparagus with chateau sauce
Nesselrode pudding Angel food cake
Coffee

Grapefruit halves
Broiled spring chickens on toast Princess potatoes
Asparagus au gratin ring filled with oysters
Peas and mushrooms
Poinsettia tomatoes
Cheese straws
Mary Ann ice cream muffins Coffee

Oyster cocktail Crisped crackers
Celery hearts
Broiled squabs on toast Green peas in pastry cases
French fried potatoes
Asparagus tips in green pepper rings Finger rolls
Butterfly salad
Ice cream croquettes Meringue sponge cake
Coffee

Individual egg aspic with caviar
Stuffed dates Salted pecans
Cream of tomato soup in cups
Soup sticks
Chicken à la king in ramekins
Potato chips Cauliflower au gratin
Pickled peaches
Candle salad Hot luncheon biscuits
Heavenly marshmallow Ice Cream Almond Torte
Coffee

Fruit cocktail
Olives Celery
Planked lamb chops with creamed mushrooms
Thousand Island tomatoes
Peach bomb glace Hungarian cookies
Coffee

Divinity raspberries
or
Cantaloupe a la mode
Radishes Celery
Fillet Kensington
Cauliflower roses Tomatoes stuffed with corn
Potatoes on half shell
Pond lilly salad Cheese savories
Chocolate ice box cake Coffee

Artichoke hearts with anchovy paste
Salted nuts Mints
Fried chicken
Lattice potatoes Asparagus with crumbs
Spinach timbales
Tomato wiggle salad Potato flour muffins
Celestial angel food cake
Coffee

Lobster cocktail Crisped crackers
Celery Olives
Potted quail with oyster dressing
Nut-filled potatoes Corn timbales
Beet cups with green peas
Duchess aspic ring Finger rolls
Ice cream plants White pound cake
Coffee

Fruit appetizer
Eggs Samuel Butler
Salted almonds Stuffed celery
Vegetable aspic ring filled with chicken salad
Saratoga potatoes Luncheon biscuits
Coupe marron Date and nut kisses

Tomato surprise
Olives Mints
Sea food Tetrazzini
Potato cups filled with asparagus tips Fresh artichokes
Pinwheel salad Cheese straws
Peerless ice cream bomb Snow balls
Coffee

Hot caviar toast
Olives Mints
Fried chicken à la Maryland
Cauliflower au gratin Spinach à la Richelieu
Julienne potatoes
Apple basket salad Cheese rings
Chocolate profiteroles Pecan fudge cake
Coffee

HOME DINNER MENUS

Barley soup
Pot roast Potato pancakes
Apple sauce
Rice pudding Cafe noir

Tomato soup
Roast ham Browned whole potatoes
Spinach with sliced, hard-boiled egg Lettuce salad
Chocolate gelatine pudding
Coffee

Noodle soup
Broiled chickens Currant jelly Candied sweet potatoes
Asparagus salad Cauliflower au gratin
Vanilla ice cream with chocolate sauce
Coffee

Cream of celery soup
Broiled steak Baked potatoes
Green peas Cold slaw
Lemon pie
Coffee

Clear consommé
Sauerkraut with brisket Frankfurter sausages
Creamed potatoes
Baked apples Plain cake Coffee

Cream of tomato soup
Broiled lamb chops Broiled tomatoes
Scalloped potatoes Vegetable salad
Rice pudding with raisins
Coffee

Old-fashioned southern gumbo soup
Fried chicken Candied sweet potatoes
Asparagus with crumbs Lettuce with mayonnaise
Orange mousse Coffee

Vegetable soup
Crown of lamb Peas and carrots
Beet aspic salad Potatoes in half shell
Jersey egg plant
Apple charlotte Coffee

Cream of pea soup
Broiled steaks Hashed brown potatoes
Stuffed tomatoes Grapefruit salad
Apple fritters with jelly sauce
Coffee

Julienne soup
Roast lamb Creamed potatoes
Boiled corn Lettuce with tomato salad
Prune whip
Coffee

Tomato bouillon
Smothered chickens Panned potatoes
Asparagus au gratin Washington salad
Chocolate ice cream
Coffee

Chicken noodle soup
Baked fish Boiled potatoes
Lettuce and tomato salad Spinach soufflé
Apple pie
Coffee

Cream of tomato soup
Chicken fricassee with noodles
Lettuce with roquefort dressing Crisped wafers
Stuffed cucumbers Broiled tomatoes
Brown Betty pudding
Coffee

Chicken broth (left from fricassee)
Snapper throats with tartar sauce Riced potatoes
Jersey egg plant Plain sliced tomatoes
Pumpkin pie
Coffee

Fried oysters
French fried potatoes Lettuce with mayonnaise
Canned peas Caramel custard
Coffee

Breaded veal cutlets with tomato sauce
Scalloped potatoes String bean salad
Corn on cob
Pineapple soufflé Coffee

Mulligatawny soup
Rib roast beef Dutch potatoes
Vegetable marrow
Cookoo pie Coffee

Soup à la russe
Fillet Kensington Marshmallow scalloped sweet potatoes
Mock spinach Rose vegetable salad
Jelly roll Grapefruit halves
Coffee

Dutch soup
Stuffed breast of veal Fried potato balls
Brussels sprouts Pea salad
Sponge cake
Coffee

Breaded veal cutlets with tomato sauce
Scalloped potatoes String bean salad
Corn on cob
Pineapple soufflé Coffee

Mutton broth with barley
Creole eggs Boiled new potatoes
Cucumber salad Celery
Rhubarb cobbler Coffee

Noodle soup
Southern chicken pot pie French fried potatoes
Stewed corn Christy salad
Mary Ann charlotte
Coffee

Baked red snapper Browned riced potatoes
Rice croquettes with jelly
Asparagus with Hollandaise sauce
Peas and carrots Peach short cake
Coffee

Cream of corn soup
Calves' liver and bacon Grits
Spinach with sliced egg Celery root salad
Cup cake Coffee

GUEST AND SUNDAY DINNER

Grapefruit supreme
Clear soup with sponge drops served in bouillon cups
Broiled spring chicken with mushroom sauce
Spinach à la Richeleiu Potatoes in half shell
Thousand Island tomatoes
Frozen delight Coffee

Fruit cocktail
Chicken soup with Noodles
Baked hen with chestnut dressing Rice timbales
Glazed sweet potatoes Asparagus with chateau sauce
Hearts of lettuce with mayonnaise dressing
Sour milk chocolate cake Rich vanilla ice cream
Demi tasse

Artichoke hearts with caviar
Consommé in bouillon cups
Roast turkey with oyster dressing Cranberry jelly molded
Cauliflower au gratin Boiled new potatoes
Frozen fruit salad
Orange ice box cake Coffee

Oyster cocktail
Consommé duchess
Celery Olives
Fried chicken
Noodle ring filled with peas and carrots
Poinsettia tomato salad Caramel ice cream
Angel food cake Demi tasse

Melon frappe
Clear soup with parsley noodles
Dixie chicken Girard sweet potatoes
Corn timbales Green peas
Tricolor salad
Baked Alaska Coffee

Grapefruit halves
Radishes Celery hearts
Consommé with marrow balls
Baked goose with apple dressing Princess potatoes
Asparagus with cream sauce Lettuce salad
Vanilla ice cream Cocoanut meringue cake
Demi tasse

Fruit cocktail
Noodle soup Creole chicken
Hot Platter No. 1 (Peas, beets, carrots, potatoes)
Waldorf salad Strawberry ice cream
Gold cake Coffee

Caviar canape
Celery Olives
Bouillon with almond drops
Platter No. 5 (Mint aspic ring with potted quail)
Asparagus with cream sauce Lettuce and tomato salad
Raspberry mousse Wonderful white cake
Coffee

Divinity raspberries
Clear soup with egg custards
Baked pompano with shrimp Creamed potatoes
Spinach timbales Summer vegetable salad
Mocha tart Coffee

Cheese toast
Radishes Celery
Noodle soup
Roast hen with prune and chestnut dressing
Scalloped tomatoes Hargrave sweet potatoes
Celery root salad Pineapple ice cream
Blitz meringue cake Coffee

Prune cocktail
Clear soup with egg balls
Rib roast beef Scalloped potatoes
Asparagus au gratin in ring, with oysters, peas and mushrooms
Grape fruit salad Fresh peach ice cream
Velvet cake Demi tasse

Grapefruit halves
Julienne soup
Pickled peaches Stuffed celery with cheese
Smothered chicken
Cauliflower en casserole French fried potatoes
Stuffed tomato salad on lettuce
Tutti frutti ice cream White orange cake
Coffee

Grapefruit delight
Celery Stuffed olives
Mushroom soup
Roast duck Apple sauce
Fried potato balls Tomato stuffed with peanuts
Cucumber salad
Nesselrode pudding White spice cake
Demi tasse

Tomato appetizer
Clear soup with egg balls
Planked steak with vegetables and potato roses
(Avocado) alligator pear and pineapple salad
Orange cream sherbet Meringue sponge cake
Coffee

Egg and caviar appetizer
Cream of tomato soup
Olives Celery
Fish à la Broadmore
Asparagus on toast Vegetable salad
Delicious frozen pudding Silver cake
Coffee

Pear and pineapple salad with Thousand Island dressing
Consommé in cups
Tomato relish Molded cranberry jelly
Broiled fillet of beef
Cauliflower with cream sauce Buttered beets
Chocolate ice box cake Coffee

Iced blackberry soup (for hot weather)
Celery Stuffed olives
Baked chicken
Thousand Island tomato salad Porcupine pear compote
Strawberry mousse Gold cake squares
Iced tea or coffee

Congealed tomato buillon (for hot weather)
Red radishes Green onions
Crown of lamb
Canned green peas Baked rhubarb
Fresh fruit salad
Canteloupe with ice cream Cookies
Iced coffee or tea

VALENTINE LUNCHEON

Heart-shaped mints Olives
Chicken croquettes molded in heart shape
Green peas served in heart-shaped paper cases
Heart-shaped biscuits
Heart-shaped fried potatoes Heart-shaped boiled carrots
(Cut with heart-shaped vegetable cutter)
Heart-beet salad Heart-shaped canapes
(Beet aspic cut heart-shape)
Ice cream, molded in individual heart-shaped molds
Small heart cakes with red icing

ST. PATRICK'S DAY LUNCHEON

Grapefruit halves with green cherries in center
Olives Green mints
Fried chicken encircled by mint aspic timbales on lettuce
New potatoes covered with minced parsley Green peas
Asparagus run through green pepper rings
Mayonnaise dressing with chopped pickle
Cooper Carlton ice
Silver cake covered with pistache icing and pistachio nuts

OYSTER SUPPER

Oyster cocktail
Celery Olives
Oyster stew with oyster crackers
Fried oysters Cold roast beef
Saratoga potatoes Green peas
Grapefruit short cake Coffee

THANKSGIVING DINNER

Grapefruit halves
Celery Olives
Cream of tomato soup Bread sticks
Roast turkey with oyster dressing
Cranberry jelly molded Green peas
Hargrave sweet potatoes Asparagus with drawn butter sauce
Pumpkin pie Fruit jack
Date squares
Coffee

CHILDREN'S AFTERNOON PARTY MENUS

Grapefruit baskets with gelatine filling
Ribbon sandwiches Chicken salad sandwiches
Sugared pecans Olives
Vanilla ice cream
Snowball cakes

Orange dainties
Bread and butter sandwiches Tricolor salad
Salted almonds Dates stuffed with marshmallows
Meringue sponge cake
Cocoa

Egg apples
Lettuce and tomato sandwiches Chicken sandwiches
Cheese strawberries
Pineapple bisque Velvet cake
Milk chocolate marshmallows
Hard candies

CHILDREN'S SCHOOL LUNCHES

Brown bread sandwiches
Jelly sandwiches
Fruit-nut sandwiches
Prune and peanut sandwiches
Lettuce sandwiches
Celery sandwiches
Cream cheese sandwiches
Stuffed dates with peanut butter
Deviled eggs
Date sandwiches
Peanut butter sandwiches
Tomato sandwiches
Egg sandwiches
Turkey or chicken sandwiches

WEDDING MENUS

Breakfast

Orange Dainties
Salted pecans Olives Celery
Broiled spring chicken
Crisp breakfast bacon
Peas and mushrooms in cases Julienne potatoes
Hot luncheon biscuits
Poinsettia tomato salad with Russian dressing
Angel food cake Fruit cake in boxes
Coffee Mints (heart-shape)

Dinner

Celery hearts Ripe olives Salted nuts Mints
Crab cocktail Saltine wafers
Cream of tomato soup with toast sticks
Potted squab, chicken or quail, stuffed with oysters, garnished with orange quarters filled with cranberry jelly or mint jelly
Stuffed French artichokes Asparagus in lemon rings
Sweet potatoes McAlpin
Ring of plain chicken aspic, center filled with fruit salad, surrounded by halves of alligator pears filled with cheese balls
Fruit salad dressing Hot finger rolls
Nesselrode pudding Fruit cake
Silver Cake Demi Tasse

Reception No. 1

Chicken salad on lettuce
Asparagus tips through green pepper rings
Cheese straws tied in bunches with ribbon
Olives Salted nuts
Individual ice cream Fruit cake
Wonderful white cake
Coffee Mints
Claret punch

Reception No. 2

Molded ginger ale salad
Open sandwiches and ribbon sandwiches
Celery stuffed with Roquefort cheese
Olives Mints
French ice cream Individual angel food
Nut kisses Coffee
Party punch

PICNIC LUNCHES

Use waxed paper for wrapping sandwiches and other foods, and paper plates and napkins for service. Paper cups, paper and tin picnic forks and spoons may also be secured. A thermos bottle is almost indispensable.

Ham sandwiches with lettuce
Dill pickles Stuffed eggs
Swiss cheese and buttered rye bread sandwiches
Lemonade in thermos Sugar cookies

Fried chicken Deviled eggs
Whole tomatoes Potato salad
Dates stuffed with peanut butter
Caramel ice cream in vacuum container
Gold cake squares

Baked whole ham
Cabbage slaw Olives
Asparagus (put in glass jar) Mayonnaise
Vanilla ice cream in vacuum container
Ice-box cookies

Hot dog sandwiches
Chicken salad sandwiches
Dill pickles Stuffed olives
Potato chips
Iced tea or coffee in thermos Buttermilk cookies

Hot beef steak sandwiches (prepared on charcoal furnace)
Whole tomatoes Dill pickles
Stuffed eggs Saratoga potatoes
Hot coffee (prepared on charcoal burner)
Small sponge cakes

MENUS CONTAINING 280 CALORIES

Breakfast

1 medium size apple
¾ cup cooked cereal or corn-meal mush
1 cup milk
1½ teaspoons sugar
2 slices French toast

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1 large orange
1 slice toast
1 egg (omelet)
¾ cup cocoa
Cereal with cream

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1 orange or banana, or 2 peaches
1 strip crisp bacon
1 square corn bread
1 cup coffee with milk

½ grapefruit or juice of 1 orange
2 slices graham bread with 1 pat butter
1 cup cocoa
1 slice bacon, or 1 boiled egg

Dinner

1 large baked potato
1 slice bread
1 cup cooked turnips

Small broiled steak
Bread pudding with jelly, or
lemon pie and cheese

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1 slice roast
2 corn bread sticks
1 baked potato

1 sliced tomato
Cream of pea soup
Liberal helping spinach

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2 graham muffins
2 peanut cookies
Cheese soufflé

Tomato salad
Orange ice

THE advice to use Royal Baking Powder has been handed down from one generation to another!

Royal contains no alum—
it leaves no bitter taste!